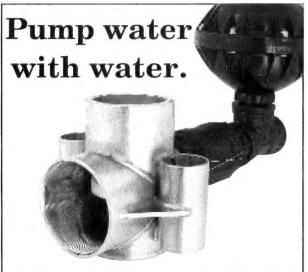


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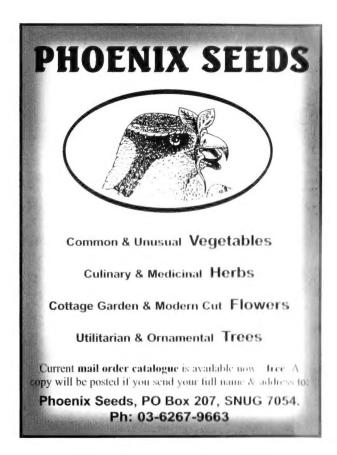


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Welcome to Grass Roots magazine



Foliage with flavour, page 33.



Simply amazing, page 61.



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ENVIRONMENT

Mighty molluscs

Proud moment, page 11.

PEOPLE		
From Rags to Grass Roots Riches Gypsy environmentalist finds home	Michael Barrett	6
A GR Thank-You Sharing life skills	Jackie Pervase	15
FARMSTOCK		
Maremmas For Predator Management Adaptable stock guardians	Lois Pearson	31
Poultry Protection, All Wired Up Security plus	Warren Curry	55
Poultry Protection, Fencing Predators Out Multi-purpose enclosure	K Jones	56
ON THE LAND		
Milking Sheep Innovative farming alternative	Ken Thompson	9
How Are The Tigers Coming Along? Prawn farming for the tropics	Pam Odijk	27
GARDEN		
Maddie's First Garden Encouraging green fingers	John Holland	11
Design For Frost Protection Creating a microclimate	Neville Jackson	19
Pandan Piquant permaculture plant	Jane Lawrance	33
Tasty Tomatillos Unusual savoury crop	Jose Robinson	65
My Part-Time Garden Toughest survivors	Judy Wormwell	67
CRAFT		
String Bag To Crochet Crafty carrier	Robyne Neale	13
Piggybank Pigs Craft for all ages	Sherryn Savage	63
OWNER BUILDING		

Les Marshall

Callista Mon

Anthony Duncan

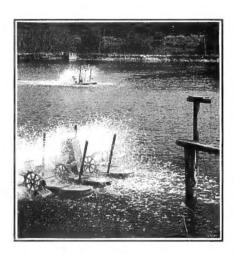
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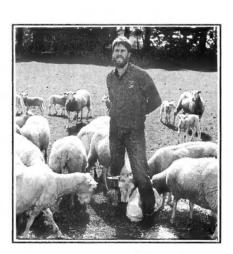
53



Co-operative housing, page 21.



Tropical tigers, page 27.



HEALTH

HEALIH		
Garden Bounty, Parsley Aromatic healing herb	Cheryl Beasley	30
Pawpaw Pointers Fruity medication	John Mount	60
PRACTICAL DIY		
Removing Fence Posts Handy farm know-how	Geoff Irvine	14
First-Aid Kit For Clothes Caring for your clobber	Nevin Sweeney	17
Produce Protection Bags Keep critters off the crop	Alan Stewart	23
Recycling Runs Riot, Beer Bottle Tops Raise a glass to Roberino	Roberino	54
Vegan Drums Rhythm on a fungus?	Alec Moore	61
Simple Energy Saving Powerful tips	John Mount	66
FOOD		
Ken Wood's Plum Pud Tasty Christmas treat	Ken Woods	29
All You Need Is, One Free-Range Chicken One bird, four meals	Lyn Armanasco	51
ALTERNATIVE TECHNOLOGY		
Recycling Batteries Economical power option	Andrew Aidulis	57
REGULARS		

Gumnut Gossip	Megg Miller	5
What's On	66	26
Livestock Health & Management		35
Eco News		36
Feedback Link-up Feedback	·	37, 45
Index to GRs 141 - 146		41
Kids Page		49
In The Kitchen		50
Round The Market Place		69
Recent Releases		70
Down Home on the Farm	Megg Miller	71
Penpals	66	72
Grassifieds		73

COVER PHOTOS

Front Cover: Ken Thompson became interested in milking sheep as a hobby, found a special milking breed, the East Friesian, started a breeding program, and now has a flock of over 100 ewes. Find out more on page 9. Photo by Marcel Aucar.

Back Cover: Celebrating the joys of spring. This canola field surrounded by eucalypts typifies the fruitfulness of the season for many rural readers.

Edited by Megg Miller and Mary Horsfall.

Published by Grass Roots Publishing Pty Ltd, Box 117, Seymour 3661. Ph: 03-5792-4000, fax: 03-5792-4222. For classifieds see page 73.

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GUMNUT GOSSIP



It's not possible to read Grass Roots without pausing intermittently and thinking, 'that's incredible'. The stories and letters reflect so much more than just building techniques, sustainable management, gardening know-how, animal care, and other strategies and information. It's quite awesome reading how people uproot and start afresh, the creative manner in which dreams are attained and the sacrifices and hard work necessary for achieving them. 'I couldn't put it down,' readers have been saying for years. 'When GR arrives I read it from cover to cover and nothing else gets done.'

What isn't always apparent in the stories is the number of older people that get GR. We read their personal notes, talk with them on the phone and feel humbled by their knowledge and experience. A couple of notes too good to read and then bin have been singled out, one from an 82 year old and the second a 70-plus adventurer. Edith Stones received a parcel of Grass Roots for her recent birthday, the thoughtful gift and subscription arranged by daughter Joy. 'The first time I saw Grass Roots was at the library, and I borrowed and thoroughly enjoyed it. Thanks again, these books will keep me quiet for a while.' Edith's beautifully written letter put our scrawled notes to shame and suggests she's going to enjoy reading and sharing her thoughts for years to come.

Our second correspondent, a youngster at 71 years, apologised for letting her subscription lapse; she had been tripping around south-west WA. Lynda drove solo across the Nullabor and suffered the embarrassment of becoming bogged. 'The trip was something I had wanted to do for many years. It was now or never so I upped and went - a wonderful adventure and one I don't regret, even though a friend reported me missing when I was bogged.' Clearly, age is no barrier to grasping life and realising long-cherished dreams. Edith and Lynda; as well as those readers whose activities we don't hear about, well done. You've got us all thinking life gets better and better.

Talking of things getting better,

they are bound to be improving for Isabell Shipard, who has contributed a number of her articles in the past. Not long after we moved into the new office Isabell wrote asking for photos to be returned. Photos? What photos? We searched in vain, but never gave up hope, after all, we've rarely permanently lost things. Our overflowing files and shelves are proof of this. Tidying up in the old office recently, I found the much discussed envelope and it's been sent off with all its photos. We had promised Isabell we would find them, and three years later, eureka!

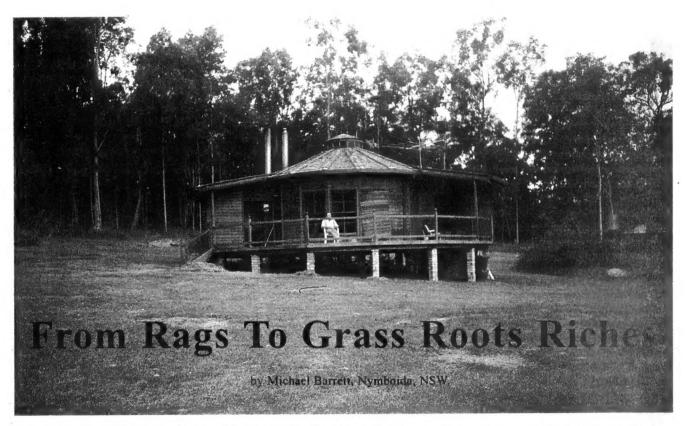
It may surprise you to learn there has been bedlam in the office. Sabrina started it by announcing she's going to get married at the start of December. Dresses and decorated cakes have supplanted topics like mulch and poultry at morning tea. Then Mary lost her wedding ring when drying her hands in the bathroom and sent everyone into a spin. It eventually turned up in the most unlikely place. Sue pigged out on boiled lollies one very busy day and became noticeably hyperactive, chat-

tering nonstop and disturbing everyone. Boiled lollies are banned! Someone pulled the door between the storeroom and offices shut and we couldn't open it. In the end David crawled over the tops of the offices and down into the storage section, and tackled the door with hammer and screwdrivers. We momentarily considered keeping him there, as you can see from the photo, but he's a good sport and ended up solving the dilemma by unscrewing and removing the door. Hopefully, that's our run of excitement over, with the exception of the wedding. That's really going to be something to talk about.

I can't wrap up this issue without a few words on the world situation. Suddenly we're teetering on the edge of change and hostile relations. Let's hope we won't be plunged into war. In this present uncertain state simple everyday things are going to become all-important. Our gardens, animals, piece of dirt, our friends and family; those will comfort and bring joy. Pray that decision makers' promises of punishment and retribution are tempered by courage and wisdom.



Sabrina and Sue directing our office handyman.



During many years of living a Gypsy lifestyle Michael Barrett met people who introduced him to environmental values, and to *Grass Roots* magazine. In this story he shares some of his experiences and describes the goal setting and hard work that enabled him to achieve his dream. He now enjoys a blissful lifestyle living in a yurt in a beautiful area of northern NSW.

My love of nature, the sea and bush probably started in my boy scout days in Bairnsdale, Victoria, with many great adventures in 50 the mountains of East Gippsland, followed by, commencing at the ripe old age of ten, many wonderful years of sailing on the Gippsland Lakes with my family.

I don't really remember when my determination to retire at 40 began, probably in my early twenties when I decided that buying a boat and sailing around the world was not such a good idea after all, mainly because of the huge task of saving the \$80,000 needed to buy a decent boat.

Aged nineteen, after a year of hitching 14,000 kilometres around the west coast, I fell in love with a beautiful part of our country, the Whitsunday Islands, where I became employed at the South Molle Island slipway rebuilding a 60-foot (18-metre) passenger vessel. During this time I not only grew up rapidly, but also sat my first nautical examination — Launch Master, Port of Molle. It was here my

boat driving/crewing days began.

The 1980s were good to me, with employment being on a mixture of islands including Norfolk and Pakatoa in New Zealand, and a few large construction sites as well because not many people ever made money working on boats and islands. By 1987 it was time to settle down into a slightly more permanent abode, so with wife and two beautiful children I shed the hammer and nail bag 'for good' and we settled in the Whitsundays, returning to a better working lifestyle on the boats.

Two people I met in the 1980s could be held responsible for this article and my *Grass Roots* lifestyle. The first was a man called Chris Papadapolous. Chris, his family and his brother's family, set off from Perth in two caravans and four-wheel-drive vehicles on an environmental crusade. With videos and a lot of earth-friendly material, they travelled Australia, promoting their trip as 'Awareness Education'. Their charter was to change the world by making people aware and educating

them on environmental issues without the need for violent protests.

The second person was a hostess on the boats, Louise Stobo, very much an environmentalist. Louise taught me that small actions by individuals made a huge difference to the planet, whereas I had been fool enough to think that the powers-that-be would take care of us. She also gave me a book titled Blueprint for a Green Planet, which set me on the right track. Louise and I achieved a lot in the time we worked together: we started a recycling program on extremely wasteful boats, worked for the reintroduction of milk bottles to north Oueensland, and were instrumental in SAFE recycled toilet paper being wrapped in paper and not the original plastic wrapper. Louise and husband Bruce bought and set up an organic property where they replanted a tree for every tree it took to build their house.

Then on our new, greener path in life, my wife and I decided to aim for our own earth-friendly property and

lifestyle. As things turned out, we parted in 1991 and went our separate ways, mine being a return to the islands where my chippie/skipper title soon became that of Maintenance Manager, a profession I enjoyed immensely.

After a couple of vibrant Long Island years, I travelled the east coast for a year or so, no goals, no money, and my only possessions being my ute, tools, camping gear and the clothes on my back.

In mid 1994, my tent on Bribie Island was my current address. While doing some serious soul searching, the motivational penny dropped. What about that property and retirement at 40? I asked myself. Then aged 35, with little more than \$800 to my name, I returned to Brisbane and strapped on the hammer and nail bag once again. I shared the following year with a wonderful woman who happened to introduce me to a magazine called Grass Roots. My new goal was to save \$10,000 per year for the next five years in an attempt to reach my goal by the year 2000.

While a lot of people, especially Victorians, disagree with the spread of casinos in our country, they fail to see the brighter side – the employment

they create. Although not a gambler myself and being aware that the cathedrals of sin make it easier to lose your money, I am of the opinion that gamblers will always find a way to part with their money. A close friend parts with thousands on the futures exchange and yet can't accept that he has a gambling problem. My return to the building game in Brisbane commenced on a poker machine extension of the Kedron Services Club, followed by a stint at Brisbane Treasury Casino, where, by completion of the project, I was sure I had found the goose that laid the golden egg.

A move to the Gold Coast proved successful, with the fitting out of five high-rise buildings paying for a few more hectares of my dream. In case you wondered, I have a good environmental explanation for the existence of high-rise buildings. If not for these monsters, the area from Fraser Island to Coffs Harbour would be fully developed with single to three level dwellings and I would not be sitting here writing this article on a beautiful organic property. After the Gold Coast, I headed for the pot of gold at Melbourne's casino.

During the three years it took to

save the deposit for the property, I researched the market by making a list of what I required, being around ten hectares on a very quiet road in a selfsufficient community, and with no mains power or water. Multiple occupancies or communes did not interest me, and for climatic reasons I wished to live between Gympie and Coffs Harbour. I highlighted Grassifieds property ad that suited my needs, as well as researching other publications and real estate offices. A big plus was befriending alternative types in the Tweed Valley, Nimbin and the Dandenong Ranges while picking their brains on the best way to approach an alternative lifestyle. People were only too happy to help and gave invaluable advice.

Because time was on my side, finding the right property was simple. Many camping trips took place in search of the right location, but it was not until my return from Melbourne to the Gold Coast, with deposit invested, that I first started to visit potential properties.

A friend in Grafton agreed to be my guide around the Clarence area because further north was proving to be too expensive and populated for my liking. After leeches on a rainforest



After years of travelling and working hard to reach his goal. Michael now finds great satisfaction in growing food and swapping produce with his supportive neighbours.

block near Dorrigo deterred me, we returned to the drier area Nymboida. Upon arrival at the only pub, we had a beer and a chat to the locals. I produced some back copies of Grass Roots, asking if four particular properties were still for sale. Bingo, all were for sale. With directions in hand, we started our tour of Nymboida. At the time the area was not exactly booming in the field of real estate, which of course would lead to a good buy. After looking at the four properties, and with a wealth of knowledge gained from the locals, I fell in love with The Yurt. After the purchase and the move from the Gold Coast I was intent on making this, my fiftieth official address, my home. However, there was still the matter of retirement at 40 to deal with. So, with my new place in order, it was tools packed and off to Sydney Harbour Casino, with the intention of staying until September 1st 1999, retirement day. Believe me, driving out that gate and heading for Sydney was one of the hardest things this country boy has ever done.

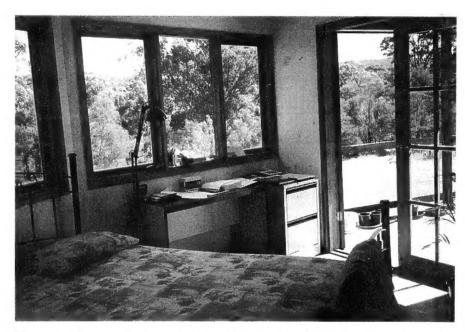
I now think that an obsession with success should have strict guidelines because during my first six months in the big smoke I proceeded to self-destruct. At the casino hard work was rewarded very nicely. The many days I started at 7am and finished at sometimes 10pm almost killed me – mentally and physically. Luckily, just prior to buying a straightjacket, I woke up to

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Michael fell in love with the yurt at first sight and acknowledges the good design of the previous owners and their input towards the development of the alternative power system which he has significantly upgraded.

myself, quit the casino and returned home for a month off.

During the next few months in Sydney I took an easy job fitting out office towers, followed by a stint on the James Craig, an old sailing ship being rebuilt in Rozelle. A move out of the inner city and joining Bicycle NSW proved to be my saviours because I started having a life in Sydney. Not having set foot on the deck of a boat for five years, a return to yacht racing was well overdue and easily achieved at Royal Sydney Yacht Squadron. Even with these lifestyle aids I still could not handle the pace of a return to the busy up-market end of the building game and I packed up and returned to Nymboida in December 1998, nine months short of the big 40 but in a semi-retired mode. In hindsight, everything happens for a reason. Now my health has returned and although there are financial restrictions my new lifestyle is bliss.

It must be pointed out that the transition from the city to the country was very difficult, especially not having the \$\$\$ flowing into the bank. During the first months I was climbing the walls trying to escape. With encouragement from visitors and friends urging me on it soon became easier. Now the only problem is loneliness which I easily fix by touring around, perhaps by sailing

in Sydney or climbing my favourite mountain, Mt Warning. Growing and swapping food with my wonderful neighbours has been a very good experience and I am still amazed how much produce changes hand.

To promote environmental issues and lifestyles I have invited cyclists Australia-wide to visit and use my property, free of charge, as a place to camp while touring northern NSW. Two cycling/GR friends from Sydney who visited recently have relocated to the north to build a self-sufficient property.

The only major improvement I have made to the yurt is to completely rebuild the solar power system which is now a high quality \$14,000 system. My friends had been everywhere seeking solar designs and prices and commented at the end of their visit that they had learnt a lot more by visiting a property and experiencing the lifestyle first-hand, a visit which may well save them a substantial sum of money. All credit for the yurt being set up and designed so well goes to the previous owners. Apart from the power supply and general maintenance little could be done to improve the house or services. If you are a friend of the earth and are travelling in northern NSW, feel free to drop in for a chat and a cuppa and experience this wonderful part of Australia. W

MILKING SHEEP

by Ken Thompson, Silvan, Vic.

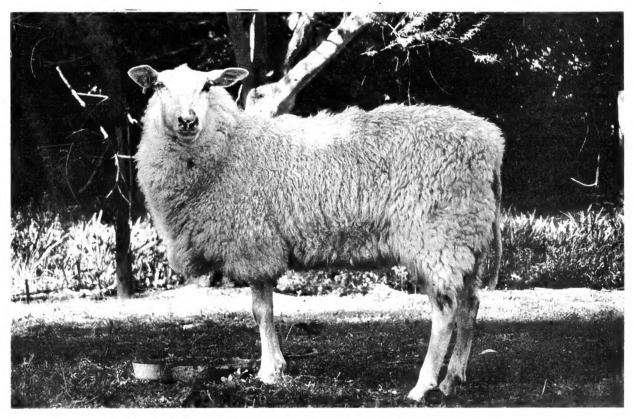
Alison and I bought our farm 12 years ago, built a solar-efficient mudbrick home and set about growing fresh cut flowers as our full-time occupation. We planted an orchard and a vegie patch and kept chooks and ducks for eggs and rabbits for meat. The only thing left to do was milk a cow, but we didn't have room, and I was allergic to cows' milk anyway – so I fhought I would try sheep. I have been milking sheep for at least a couple of months each year for nine years now.

Our first ewe was a coloured Romney (called Matilda), bought from a friend at six months old. I trained her to tether, got her pregnant to another friend's ram and, when the lamb arrived, began milking, allowing the lamb to suckle as well. Milked this way, she gave us about one litre per day and the lamb grew very well with no bottle-feeding required. As

the lamb grew bigger it had to be tethered separately and was only allowed to suck the ewe dry after each milking. This system has the advantage that if you have to be away a few days, all you have to do is leave them together in a paddock until you get back. There comes a point when you have to wean the lamb and then you are stuck milking at least once a day. By six months post weaning, yield was dropping. For another two months I settled for 500 millilitres from just one milking per day, which was enough for my personal needs.

Having a few sheep on our little farm worked quite well. Tethering allowed us to use the grass along the tractor tracks, between the bulb patches, around sheds, and between orchard trees. They cope well on tethers, not minding cold wind and rain, though needing shade on hot days. When resting a paddock from bulb production I'm in the habit of sowing the ground to clover and it is a simple matter to put a bit of sheep net around to make use of this too (they don't seem to get bloat). When grass is short we feed them hedge prunings and weeds pulled from among the bulb crops. Though the sheep browse directly from some of our trees, they rarely eat more than leaves and the smallest twigs. We have had the odd rogue bark-eater so don't let them near young fruit trees. We have never had any problems from poisoning with unusual feed, but providing variety is the safest policy.

Since the first ewe, I have handmilked a number of different breeds, with varying success. Some kick, some lie down, but the most common problem with most Australian sheep is that they produce milk in response to frequent suckling so when milked only



The East Friesian is a high producing sheep that performs well in wet climates.

twice per day they quickly go dry. The best of the ewes tried were Matilda and a Poll Dorset cross called Snowy (though she was a bit short in the legs). However, five years ago we had the opportunity to import semen of the East Friesian from New Zealand and we joined our small flock of Coopworths with this using artificial insemination. The Friesians have consistently produced more milk and been more cooperative, and their long clean legs and wool-free tail and udder have made them a pleasure to milk.

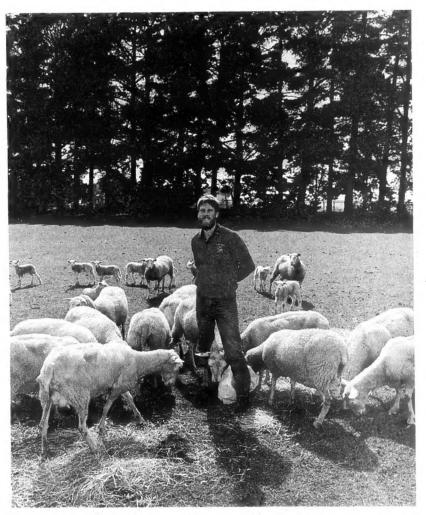
Because we have been concentrating on up-breeding our flock to greater purity I have not tested yield through an entire lactation, but have tested at all stages. It would appear that the mature Friesian ewe is able to produce three litres per day during early lactation, tapering to one litre after six months, and will readily conceive while being milked. These yields sound small, but when you consider that the milk has twice the protein and vitamin content of either cows' or goats' milk you begin to see how productive they are. The milk is rich and creamy with only a mild aftertaste. When the supply is limited our children race each other to breakfast so that they can have it on their cereal. The high protein content makes it ideal for yoghurt and cheese making. The yoghurt is thick and smooth without additives, and reasonable sized cheeses can be had from processing a smaller amount of milk than from cows.

Now we have a flock of over 100 ewes, ranging from 50 percent to pure Friesian. They are primarily used as a breeding flock run on neighbouring unused land. Initially, we only sold the rams to prime lamb breeders interested

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Ken with his flock of milking East Friesians. Unlike other breeds, they don't need constant suckling to maintain milk production.

in the breed's fast growth and reproductive performance. Now we have enough ewes to make them available to people interested in milking.

We have found East Friesians to be easy to handle and care for, having a friendly nature. They take to a wide variety of feeds readily and will produce twins or triplets every spring just when the grass is most plentiful. Given good grazing, the lambs grow into very large animals with surprising speed. The ewe lambs produce lambs easily at 12 months old and spare ram lambs produce large joints of lean tender meat. The fleece is pure white, long and of medium coarseness (great for home-spun jumpers and hats) and, growing only on the body, requires only once-yearly shearing.

Written enquires welcome at 61 Wiseman Rd, Silvan 3795, or email: allyken@alphalink, com.au #

PEPPERMINT AND MALARIA

Indian researchers have found that peppermint oil extract repels adult mosquito and kills the larvae when spread on water. The oil is particularly effective against the mosquito breed responsible for 75 percent of malaria cases in India's northern region.

REDUCING DEMENTIA RISKS

.

To reduce your chances of developing dementia, make sure you have plenty of friends and family around you when you get older. A Swedish study found that those living alone were more likely to have no close social ties. In addition, a Dutch study has found that consuming vegetables, vitamin E and vitamin C are all good ways to reduce the risk of Alzheimer's and dementia.

Maddie's First Garden

by John Holland, Flinders, Vic.

Most adult gardeners love the idea of introducing their children to the joys of gardening at an early age. But getting them interested in gardening and keeping them interested in it are two entirely different things. It's a rare child who doesn't love following Mum or Dad around while they are out in the garden attending to their weeding or planting. Often this involves a lot of chat and interference in much-needed work, which really is just the lot of being a parent! Gardening parents know instinctively that an interest in growing food and flowers is something that will bring future pleasure and good health to their little ones, and often try to give them something to do. A love of gardening will give them a valuable 'earthing' to return to as they get older and face the many distractions offered by the promise of a life of conspicuous consumption.

MAKING A GOOD START

How do we make our child's first gardening experience as lasting and enjoyable as possible? It soon becomes clear that setting children dedicated tasks in the garden is pretty unattractive for young minds. Not offering them ownership of the garden, or the results of garden work, leaves them with a task which is really just work and will, at best, offer temporary attraction. Far better to give them their own separate patch of dirt for a garden. That is what decided when my daughter, Madeleine, turned four. I hadn't really enjoyed age one in the garden (constant vigilance and supervision), age two was a pest (picking all the tomatoes red and green), and age three meant a lot of helping her to help me and not getting anything much done. I hoped that I could influence age four to engage in more productive labours and perhaps realise the joy of growing things at the same time.

OWNERSHIP & COMMITMENT

My suggestion that she was ready for a garden of her own was greeted with



To encourage a love of gardening from an early age, make a child's first gardening experience a lasting and enjoyable one.

excited delight verging on the ecstatic. We went outside and inspected suitable sites, and I carefully manipulated the discussion into a result that suited me best. However, right from the start she was making her own decisions on her garden. We then went inside and had a long discussion on just what to plant. I was very keen on tomatoes (of course), but she would have none of it. Not even the promise of exotic Purple Calabash was enough to pique her interest in my favourite fruit. We perused the garden books. It was easy to convince her of the benefits of annuals (you can have something different every year), and I was still hoping for vegetables, but in the end it wasn't even a contest. Her love of sunflowers had been set and fanned that year by her kinder teachers and Playschool. How many kinder kids don't love sunflowers? She had to have flowers, so vegie-loving Dad

would just have to accept that this really was *her* garden after all. So much for parental influence.

BIG, BOLD, BEAUTIFUL

Sunflowers are a good choice for a child's garden. They are grown from seed, so youngsters experience the magic of germination. They are fast growing, so there isn't a tedious wait for progress. And, of course, their flowers are wonderful - the archetypal flower: large and round, with a cheery face surrounded by a pleasing fringe of petals. The only question was, which type? Of course it wouldn't really have mattered, she just wanted sunflowers, but when I mentioned the possibility of Russian Giants she could hardly contain herself. 'How big do they grow?' 'Is that really big?' 'Will they reach the moon?' The questions came thick and fast, and I just hoped I could actually get hold of some seed.



From Maddie's perspective it really must have looked as if those sunflowers reached up to the moon. What an exciting introduction to gardening!

PLANTING & GERMINATION

The thing that you have to accept about a young child's garden is that they aren't capable of doing much of the work! However, once the commitment is made, it would be a foolish parent who tries to evade the necessary effort to produce a successful outcome. Barring fire, flood or pestilence, those sunflowers would be grown. The obvious first gardening step available to a child is planting, so make sure all the garden preparation is done to the normal exacting standards that you would apply to your own garden. Planting day is a great day, so make sure that the camera is at hand.

Children love the watering in of seeds and plants, and, true to form, the relatively exacting task of planting was eagerly completed with the prospect of using the hose on offer.

The wait for germination creates a bit of anxiety. When you're four years old a week or two is an eternity. I can remember waiting the two weeks for beans to show their heads when I was young. I would run out each day to look at my beans. It seemed they would never grow. By the time they showed up I had almost lost interest, but when they did, oh, what a thrill! Planting a few border flowers from punnets takes the edge off the wait, so

combining them with growing from seed is really the best of both worlds.

THE ROAD TO SUCCESS

Once the excitement of germination is over, it's really time for a bit of hard work for the staff (parent). Necessary weeding and watering are not high on the kiddie list of enjoyable lifestyle activities, so suggest that helping would be a good idea and accept any help with gratitude. Just don't expect it. Then, it will be a great joy to get it, rather than an aggravation that it isn't happening.

The emergence of the flowers is, not surprisingly, a time of great pride for the new gardener. Not only has she her own garden, but she has successfully raised her flowers to maturity. In Madeleine's case, this meant three metres high with 500-millimetre-wide flowers. From her height they must have surely looked as though they had almost reached the moon.

Her garden is now in its fourth season, and her choice of what to grow has expanded somewhat. Like her Dad, she now has a penchant for edibles. This year corn and radishes dominate, but there is plenty of room left for snapdragons and chrysanthemums, and a solitary tomato — which will produce the first fruit of the scason for the whole garden. Success at last!

POINTS TO REMEMBER

- Having their own defined garden to use year after year gives them a special link to the garden, and a reason to get involved.
- Children are easily bored, so don't expect them to stick with a task.
- Involve children intimately in the decision making. After all, it's *their* garden.
- Grow things that produce quick results, like radishes, or big colourful results, like sunflowers.
- Seedlings give instant enjoyment, but seeds offer the promise of a magical transformation. Combine the two for the best of both worlds.
- You will have to do all the hard and mundane work, such as bed preparation.
- Prepare the garden as you would if it were your own project.
- While kids can do a little weeding and watering sometimes, you will be doing most of it.
- Make sure they take *all* the credit and bask in glory for the results.

String Bag To Crochet

by Robyne Neal, Victor Harbour, SA.

This crocheted cotton bag makes a wonderful useful present. It's washable and can, with care, be used for many years. When finished the bag is 20 centimetres deep. If made in crochet cotton, you end up with a lightweight stylish carry bag. For a sturdier shopping bag, make in string – equivalent to 8 ply.

INSTRUCTIONS

Requirements

- 2 x 4 ply cotton crochet together
- 3.00 mm crochet hook

Procedure

Make 6 ch and sl st into 1st st to form a ring.

1st round: 3 ch, 12 tr into ring, sl st into 3rd ch.

2nd round: 3 ch, 2 tr into each tr to end; sl st into 3rd ch.

3rd round: 3 ch, * 1 tr into next tr, 2 tr into next tr, rep from * to end; sl st into 3rd ch.

4th and 5th rounds: As 3rd round. Fasten off.

Work a second piece to match but do not fasten off.

6th round: Place the two pieces together and work through the two pieces as follows: 1 dc into sl st (7 ch, miss 2 tr, 1 dc into next tr) 21 times, then, working on one piece only to end; 7 ch, sl st into 1st dc.

7th round: sl st to centre of lp, 1 dc into same lp. * 9 ch, 1 dc into next lp; rep from * to last lp; 9 ch, sl st into 1st dc. 8th round: sl st to centre of lp, 1 dc into same lp. * 11 ch 1 dc into next lp; rep from * to last lp; 11 ch, sl st into 1st dc. Rep last round 15 times more.

24th round: sl st to centre of lp, 1 dc into same lp. * 5 ch, 1 dc into next lp; rep from * to last lp; 5 ch sl st into 1st dc.
25th round: 1 ch (5 dc into next lp, 1 dc into next dc) 4 times, * make 44 ch, miss 3 lps, 1 dc into next dc, turn 1 ch, 1 dc into next 44 ch, sl st into next dc, turn 1 ch, 1 dc into next 44 dc * (5 dc into next lp, 1 dc into next dc) 8 times; rep from * to * (5 dc into next lp, 1 dc into next dc) to end 4 times. Fasten off.

Button: Make 5 ch, sl st into 1st ch to form ring.



This versatile shopping bag can be made in a choice of materials to suit individual requirements. A simple calico liner can be made to give it extra strength.

1st round: 1 ch, 10 dc into ring.
2nd to 4th rounds: 1 ch, 1 dc into each
dc to end, sl st into 1 ch. Fasten off.
Fill with filling and draw up tightly.
Button loop: Make 15 ch and stitch in
position. Sew on button. w

WANT TO KNOW MORE?

Anyone wanting to try this project, but unfamiliar with crochet stitches, can search out old craft books in their local library. These often have simple directions and clear diagrams to follow.

Many previous issues of GR have contained a variety of bag projects: GR 87 had patterns for two shopping bags, one crocheted and one knitted cotton. GR 93 gave instructions for making a canvas weekender. GR 135 had a pattern for making a fabric shoulder bag suitable for shopping or overnight trips. #



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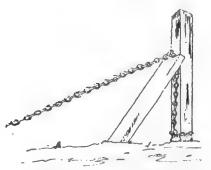
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Removing Fence Posts

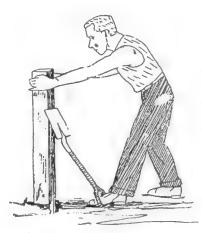
by Geoff Irvine, Qld.

This is an easy way of removing posts in an unwanted fence. Tie a chain at the foot of the post and bring it up over a strong piece of wood with a 'V' cut at the end to hold the chain. Hook the other end of the chain to the towbar or tow hook on your vehicle.



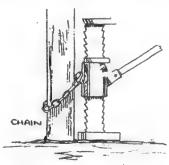
Can't get your car near the area? Try a ratchet winch from the next solid post or tree.

Still no good? Loosen the earth around the post and invert the spade, placing your boot in the handle and the blade against the post.



Pull towards you, and the post should start to lift out. If the post is deep, push it back against the bank without letting it slip down where it came from, and let the blade of the spade slide lower. Pull forward again, repeat as often as needed for the post to inch up and out.

Jacking out posts is easy if you can obtain a house jack or an old bumper bar car jack. Pass a chain around the bottom of the post, then fasten to the jack, start jacking.



None of these ideas are new. They are well proven over the years. The car replaces the horse. The jack replaces ten men on a long lever.

Reprinted from the Feb 2001 newsletter of the Brisbane Organic Growers Inc. BOGI meets on the first Thursday of the month, 7.30pm, Peace Hall, 102 McDonalds Rd, Albion, Old. For all enquiries contact The Secretary, Peter Sauer, ph: 07-3857-5191. Website: www.bog.powerup.com.au **

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A GR THANK-YOU

by Jackie Pervase, Cooroy, Old.

Jackie describes how her 'busy, nerve-racking, terrifying and funny' lifestyle has been influenced by advice from GR readers.

We are Angelo, now 72, and Jackie, now 69. We moved up to Cooroy from just below Brisbane about eight years ago. I want to write some thank-yous. The advice and information readers all send, and which I have been getting for years, even when in the suburbs, has been wonderful. Thank you to the person who gave us the Slap Dash bread recipe in Living Better For Less. I make it quite often, altering it to suit myself, and it never fails me. Who needs a machine? Thank you to Megg who, almost four years ago, came to my rescue when I had a chook whose legs had given way so she couldn't stand up any more. I gave her vitamin E as Megg suggested and she was up and walking (although a bit wobbly) in five days. By the end of three weeks she was running and then for no apparent reason she died, but thanks to Megg's help she had three weeks of total spoiling and nursing before she went to that great chook house in the sky. Thank you for the woolly slippers which I have knitted so many times and given the pattern to many friends. The spiral socks are magic and a great favourite with a friend's husband who will wear no other sort in the winter (yes, we do get winters up here you know). Also a great big thank-you for the no-dig gardens, of which I now have three and can't do without.

Because of the heat up here, in the summer it is almost impossible to grow much because the sun scorches it. However, Angelo has covered all my gardens and my herb garden with iron trellis which we are lucky to get from the neighbour who makes concrete water tanks. The offcuts from his business have been a great help and now it's a bit like the Hanging Gardens of Babylon around here. The grape vines cover the trellises for many months and the passionfruit makes a very thick covering the rest of the



Jackie and granddaughter Penny with the two adopted 'little horrors'.



Bella the cat is spoilt rotten and 'kills' macadamia nuts with great relish.



Angelo in the productive back garden. Trellis over garden beds allows vine-type plants to give summer shade.

time. They all die back during the winter months, which lets in the sun beautifully. All this shade, plus lots of mulch (we use cane tops which are of course readily available up here) makes gardening not too difficult. The main spray Angelo uses is copper sulphate, which they used in Italy on the vines. This, plus white oil from time to time, seems to work with most things.

We bought this ten acres on the edge of Cooroy because we felt we would like to be doing something that was more fun, and it has been all of that and more. Of course we have disasters, both among the fruit trees (my husband's passion) and occasionally the animals (my passion), but on the whole we've done very well. I have sheep, all pets because I spin, although I didn't before I got here. We also have two dogs, after I swore I wouldn't have any more when my beloved Chihuahuas died of very old age. Of course I couldn't turn down a little mongrel that needed a home and then we inherited another fat little monster who is fairly old. Plus, we have the cat and an ancient cockatiel. Life is as it should be - busy, nerveracking, terrifying and funny - and you can get all that in one day. Thanks again to you all. Please keep on helping the rest of us with you successes and your failures because only through these do we learn. W





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First-Aid Kits For Clothes

by Nevin Sweeney, St Clair, NSW.

Our clothes form a barrier between us and our environment, keeping us warm in cold weather and warding off the UV rays when it is hot. Their purchase consumes a large part of the family budget.

The ability to repair our own clothing increases our degree of self-sufficiency, as well as saving us money by extending the useful life of our clothes and by not having to hire someone to do the repairs for us. As with any skill, it is made easier by having the right tools and materials to carry it out properly. The following article gives suggestions for a basic clothes repair kit for a single person, a family kit for more advanced sewers, and a portable kit for the pack, suitcase or handbag.

THE BASIC KIT

Hand-Sewing Needles

For clothing repairs and general sewing the variety known as *sharps* are most commonly used, an assortment of sizes 3 to 9 being handy to have. There are packets of assorted sizes of *sharps*, *darners* and *embroidery* needles that are available at ridiculously cheap prices from supermarket chains.

Pins

The standard 25-millimetre long dressmakers' pins are ideal for clothing repair. Nickel-plated steel is the most common material of manufacture and is sufficient for most jobs, but stainless steel is better because it will not rust and will last longer in use. Some plastic-headed pins are also worth having because they are easy to see and comfortable to work with. Keep a good supply on hand because pins that become dull with use may damage or snag fabric and so should be discarded.

Safety Pins

Though they should not be used for permanent repairs, having a selection of various sizes of safety pin in the mending kit will allow emergency repairs to be carried out quickly and efficiently.

Thread

Polyester thread can be used on most fabrics and so is the best for clothing repair. Five colours will cover most repair jobs: black (or dark brown or blue), white, red, a medium grey or tan shade, and some transparent monofilament thread that allows repairs to be carried out on any colour fabric. A 500-metre spool of each is a good start, but when thread is cheap and readily available it is worth stocking up on black and white and having at least one spool each of the more common colours.

A good idea also is to have a card or two of waxed linen thread for repairs to heavy-duty fabric such as canvas. This can be bought from hardware or disposal stores.

Thimble

This is used to protect the middle finger while hand-sewing. Thimbles come in several sizes to ensure a snug fit, so make sure you get one that fits you.

Needle Threader

This is a loop of thin wire fixed to an easily grasped handle. The wire is pushed through the eye of the needle and the thread inserted in the loop thus formed. When the loop is pulled back through the eye the thread is pulled with it, threading the needle. This can be extremely handy if the lighting is poor, you can't find your glasses, or you're trying to fix a rip in your trousers with cold wet hands

Seam Ripper

This useful little tool makes it easy to remove stitching, cut seams open and rip hems, the pointed end then being used to remove the cut stitches.

Scissors

Buy the best quality scissors that you can, even if you have to mortgage your spouse to do it! They should last a lifetime if treated with care and used for sewing *only*. A small oilstone should also be bought to keep them sharp, or buy the Wiltshire Staysharp type and a spare sharpening cartridge. Fifteen centimetres is a good length, and they should have one sharp point for clipping, snipping and trimming.



Sewing Gauge

This is a 15-centimetre ruler with a sliding marker used for making small measurements and keeping distances constant while marking hems, button locations and pleats etc.

Glue Stick

Can be used to form a temporary bond for hems, trims, appliques and zippers so that pinning or basting is unnecessary.

Liquid Fray Preventer

This is a colourless solvent-based liquid polymer solution that prevents fraying and unravelling along the cut edge of a fabric. It can also be used to control ladders in pantyhose and tidy up buttonholes that have become frayed.

Beeswax

Hand-sewing thread is run across beeswax to apply a waxy lubricating film to cut down on knotting and tangling. It is usually sold in a container with slots in it for this purpose, but a white candle stub can also be used and is just as good.

Buttons

It is well worth keeping a jar of assorted old buttons for replacing ones that go astray. If you do not regularly cannibalise worn-out clothing for its buttons, the prime source of supply at a reasonable price is the local opportunity shop.

Hooks, Eyes & Snaps

Keep a varied supply of these on hand in nickel and black finish for light and dark fabrics.

THE FAMILY KIT

This contains everything in the basic kit as well as the following additional items.

Dressmakers' Shears

These shears have longer blades and larger handles than the scissors and so are more comfortable to use for long cuts. They are used for, among other things, cutting excess fabric from hems and seams.

Tape Measure

The ideal length for a tape measure is 150 centimetres and it should be made of flexible plastic or fibreglass that won't stretch. It should have protective metal tips on both ends and have measurements on both sides. It is used for body and garment measurements.

Metre Stick or Skirt Marker

A skirt marker is a ruler that stands up on a base and has a sliding marker, allowing chalk or pins to mark the distance from the floor accurately to ensure even hems.

Tailors' Chalk

This comes as wedges in a special holder, or in the form of a pencil; various pastel shades are available. They are used for marking fitting alterations, pleats, buttonholes etc.

Elastic

This comes in various widths but 6-millimetre ribbed elastic is probably the most all-purpose. It can be used to resuscitate saggy upderwear, shorts, tracksuit cuffs and ankies, or anywhere else your elastic lets you down.

Fusible Web

This is a nonwoven bonding agent available in strips and sheets. To use the web it is cut to size, placed between two layers of fabric and then melted by running a hot steam iron over the area



to bond the two layers of fabric. It can be used to hold a hem, trim, facing or material patch in place without sewing. Fusible web should not be used on some synthetics so read the instructions on the pack carefully and test on a scrap of material if possible first.

Iron-on Patches and Appliques

These are used in a similar way to fusible web, but usually applied to the outside of the garment to cover rents, tears and holes. Iron-on appliques are an easy and attractive way of repairing holes and tears in children's clothing.

Steam and Dry Iron

When used to apply the two items above, the iron becomes a tool for clothing repair. Fusibles require water to bond properly, so a steam iron should be used in conjunction with a damp press cloth. If you don't have a steam/dry iron, or if the electricity is not connected to run it, an old flat iron heated on the stove would do – these are still available in antique shops around the country. Failing this, a heavy lump of steel cut to shape and with a handle welded on, or even a brick, could be 'pressed' into service.

Press Cloth

A lint-free press cloth should be used when applying fusibles and when pressing on the right side of the fabric.

Tabletop Ironing Board

One can be set up on a table to make small pressing jobs easier.

Portable Sewing Machine

This battery-powered little wonder is often seen for sale cheaply through mail order suppliers. It can be used to hem skirts and slacks, repair rips and sew on patches.

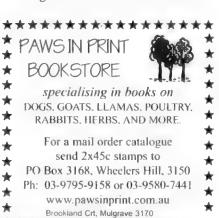
THE TRAVELLER'S KIT

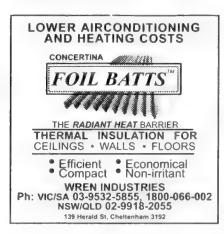
Into a small box or tin pack the following:

- · a small pack of hand-sewing nee-
- a good length of each of the five repair thread colours from the basic kit (above) wrapped around a length of cardboard
- a needle threader for repairing knit
 - · a glue stick for emergency tacking
- half-dozen to a dozen safety pins of varying sizes
 - · a pair of folding scissors
 - · a selection of buttons
 - · a thimble

ACQUIRING THE KIT

All of the materials above can be purchased from specialised sewing shops that are located in many of the large shopping centres around Australia, but a surprising number can also be bought at the supermarket. To build up a reasonable clothing repair kit only requires the addition of a packet of needles or pins here and a spool of thread there to the shopping cart while doing the grocery shopping. This allows the kit to be built on slowly and painlessly until the larger and more specialised items are required. Before you know it you will have your own comprehensive clothing first-aid kit. w







Design For Frost Protection

by Neville Jackson, Valhalla.

Minute crystals of ice (known as frost) form from atmospheric water vapour and coat cool surfaces when the air temperature falls to zero degrees Celsius. The expansion of these ice crystals ruptures plant cell walls and allows essential cellular fluids to disperse throughout plant tissues.

If you have the opportunity, plan your new garden to prevent or reduce frost damage. Select a site with a gentle slope to the north, and ideally with plantings and trees to the south, east and west. An open treed area can be thickened with native shrubs such as callistemons and grevilleas, favoured for their year-long flowers. This creates a large 'U' where cold air will not pool and any frost that does form is usually lighter. The cold air moves down the slope (similar to a fluid) and away from the garden.

The surrounding plants trap day warmth to slowly release during the night to keep the temperature in the 'U' area above the frost point. Before we had plantings substantial enough for a frost barrier, we wove small leafy branches through a wire mesh fence about a metre high and forty metres long to act as a buffer against cold winds and reduce frost damage.

On 'Shangri la', the house and garden site was originally chosen just to the north of an east-west ridge. This ridge protects our area from southerly winter winds and slows the dispersal of day warmth. The home, kitchen gardens, barbecue and courtyards are further protected by smaller 'U's created by structures such as watertanks, outbuildings of mudbrick and natural stone walls. All open to the north (see diagram). Frost-sensitive species have companion plants arranged in the same 'U' manner, but not high enough to shade them excessively.

Several fish ponds are placed within the gardens. Apart from the usefulness of fish water for fertiliser, birdbaths and frog habitat, the ponds provide ambient warmth for their surrounds, even in the coldest weather. Water absorbs heat 'U's Within 'U's pond 0 greenhouse caravan annexe 0°0°0°0°0°°° verandah 0 kitchen gardens 0 mudbrick workshop barn house grape arbour tank sun-trap mudbrick courtyard & garage driveway native shrubs & trees as a protective 'U

during the day and this slowly releases when temperatures drop and thus benefits nearby plantings.

One strategy to limit frost damage is to place old tyres over and around plants such as cucumbers, tomatoes and squash. Black tyres readily absorb sun warmth and extra protection is afforded if clear plastic or even an old car windscreen is placed over them at night. Remember to remove these covers during sunny weather, because most people prefer to cook their vegetables in the kitchen. If tyres are considered unsightly or undesirable, darkcoloured stones make an excellent mulch. To minimise labour, stones are better used for perennial plantings. Stone mulch maintains moisture (and attracts dew), with day heat released later in the night, similar to a body of water. If black stones are not readily available, rocks may be painted with a dark matt finish. Any dark colour will do, but matt black is best.

Unfortunately, although essential for good garden practice, fibrous mulches and composts attract and maintain frost. They can, however, be augmented by other techniques in autumn, such as black stones placed on top of other mulches.

Raised beds prevent or reduce frost damage by virtue of being above the cold ground and frost level. Also, raised beds provide the opportunity to compost and manure deeply, thus generating, via microbacterial action, a useful amount of heat.

If in a sheep farming area, try to obtain reject wool scraps from the shearing, known as 'daggy wool'. It's a real boon to gardeners. This usually despised, reject wool is often thrown into the nearest gully, where its contained nutrients, similar to those in hair, just rot away. We have an arrangement to pick up bags of this 'dirty gold' whenever available. Best laid on the surface around any plant (even natives), the wool maintains moisture, protects from frost and gives a slow but steady release of nutrients in conjunction with earthworm habitat.

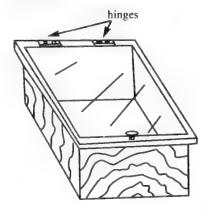
Cold frames, used more in Europe than Australia, can be easily made from old window sets (see diagram). Hinge so that the box can be opened on sunny days and for watering or pollination. A quicker frost cover can be a tunnel cloche. Stiff wire is bent into an inverted 'U' shape and pronged into the ground, then covered with clear plastic sheeting. The ends are opened when required. Tunnel cloches are used by some to 'force', or bring on, seedlings and are a simple protection for temporary plantings. Other temporary covers may be recycled, large, clear or translucent plastic bottles. Cut off bottle base and loosely cover spout hole. Another benefit of these containers is protection of seedlings from cutworm attack.

For instant frost abatement, hessian sacks arranged on sticks in the form of a 'U', with just a small opening on the northern side, will afford some protection.

The darker shades of leafy vegetables such as silverbeet, cabbages and potatoes can help protect more sensitive plants. Large dark leaves ward off the worst effects of low temperatures, by absorption of day heat and possibly by the retention of ground warmth. Potatoes, of course, will blacken and 'frost off', but maintain



Cold Frame



their viability, to regrow tops when temperatures rise.

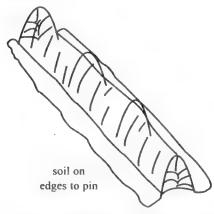
Another strategy we've used in spring when a late frost is possible is to plant sweet corn, pumpkin, beans and potatoes deeper than normal. About 4.5 centimetres for corn seemed pretty deep at the time, even with the soil friable with worm castings and compost. Eventually the plants came up, but were exceptionally strong in growth. Neither the corn nor the potatoes needed hilling.

In our area beans are never sown by our neighbours until Melbourne Cup Day (early November). However, we sow red runner and white pulse beans in early October without problems. Pumpkins, deeply sown, produce multiple fruit without supplementary water, even in dry seasons. The deep sowing also enables plants to have greater root development. This provides them with the extra moisture and nutrients necessary for better fruitfulness.

Open-pollinated seeds resaved for several years from your best producing plants have built-in hardiness derived from their adaptation to your water, soil, weather conditions and cultivation. This hardiness carries through to a certain ability to withstand climate extremes. Local seed grows better! Many of our seeds selected over the years have naturally extended their productive life and happily germinate earlier (in cooler times) than normal.

If all else fails and frost descends upon your essential foods, get out of bed before the sun melts the frost. Hose off the ice and scamper back to bed. Otherwise, sunlight quickly melts

Cloche



frost, causing the frozen cells to expand and burst. A slow melt will sometimes save the plant by allowing the cells to gradually relax.

Our region in the New England Tablelands, at 940 metres, is sometimes noted for heavy frosts in winter, but with the techniques outlined above we have had few problems and no disasters. During the extended freeze that gripped four states in May – June 2000, our many 'U's led to us experiencing only a light frosting on driveways whereas the surrounding paddock was heavily frosted.

As shrubs and trees thicken up in our 'U' shelter belt, temperatures in winter become less harsh and frost-sensitive plants such as tomatoes and capsicums extend their season. However, neighbouring properties have had killer frosts that affect their lambs and gardens up to two months before any light dustings in our garden. Winter can now be looked upon as merely a pleasant climate change rather than a season to be endured. Nevertheless, we must not forget to rug up whenever we leave our sanctuary.



NEW HOUSE HELPERS

by Les Marshall, Hazelmere, WA.

Our present home and lifestyle was not the result of years of dreaming, but rather evolved from the choice of private school education for our children. This decision was costing us too much time travelling across several suburbs each day, so we decided to make a move nearer to the school. When we began to look for housing in the vicinity, we found most of the properties on offer dilapidated and overpriced. This led us to the decision to build our own. Hazelmere attracted us because it was less than ten minutes from the school and was semi-rural in character. We found a block of about one hectare in size that has provided us with an interesting lifestyle. We now have a horse, a goat and a few chooks, which makes us feel very much at home in an area where our neighbours keep a variety of animals. About five minutes away there is even an ostrich farm.

As soon as the title deeds to our plot of land were ours, I laid pipes to get rid of a winter pond that sat right at the front entrance. This wet spot, we think, worked in our favour by keeping away other buyers who may not have had my plumbing experience. My wife, Anne, then designed a colonial-style house to suit our requirements and I, using my trade experience, drew up plans for the shire council. Before we moved out of our previous house, the framework of a 10 x 8 metre shed was arc welded together in the carport. A long roof rack on the Hiace carried it to its footings on site.

At this point I began to need assistance. A relative who was renovating his house, and a neighbour who was another owner builder provided it. I particularly appreciated their company and goodwill when one of them, trimming some shed steel with the angle grinder, accidentally set my neighbour's property alight. They risked life and limb to save the situation. Later, I



With so many willing helpers, the house bears the stamp of friendship.



Olle and Yeta Jenson busy with the brick laying in September 1988. They were in Perth on a working holiday.

helped them with their projects, and, although a little less exciting, I found them very enjoyable.

The next step we took was to transfer all of our furniture to the new shed. We then delivered ourselves to a caravan park for six weeks.

It was wonderfully coincidental that so many friends and relatives needed help to get their homes established at the same time as we did. Where help was required, we all gave it on a need basis, and did not worry too much about counting the hours. The company of friends took out the drudgery and put enjoyment into the jobs. Chatting about things at tea breaks and lunch added interest to the work.

In order to feed our helpers well, we became very proficient at making a variety of well-filled sandwiches. My friends provided me with good food too. I can still vividly recall the savoury aroma of a pot of stew, bubbling away over a heap of brightly glowing coals. We watched the sun go down as we sat outside in front of the warmth, enjoying our dinner.

Some of our helpers were building new homes away from the metropolitan area, so it was necessary to camp on location. These sites sported a range of temporary facilities. Our sparky, for instance, had the four posts of his tank stand surrounded with plastic sheeting. This 'room' contained a borehole toilet, a washbowl and cold shower. This setup called for a great amount of courage! Building site ablutions made one appreciate finished bathrooms.

Our house, being brick veneer, has jarrah wall frames that were provided by friends working in the demolition business. Some frames came from a dismantled Liberal Party office in a

ENVIRONMENTAL RADIO IN BRISBANE

Planet Radio is now on air in Brisbane's CBD and inner suburbs on 87.6 FM, and 88.0 FM in Boonah Shire, the Redlands, Bribie Island and Caboolture. Environmental Radio Network was initiated by Queenslanders who are concerned about their environment and are on the lookout for any like-minded individuals who would care to make a contribution.

Ph: 0418-879-231. #



At this stage of construction the main bedroom was being used as a kitchen to provide food for the hungry workers.

northern suburb. Ted and Joyce, committed Labor supporters, really enjoyed pulling them apart! An 'overwide' trip on Ted's F100 roof rack took them to our site where we found that they fitted the floor plan with very little alteration.

All the jarrah verandah beams were bought from a demolished part of the now-closed Midland Railway workshops. Large and small pieces of Oregon timber came from the demolished woolstores in Fremantle.

We first assembled and lined the inner wall frames of the laundry, bathroom and main bedroom. When the plumbing to those rooms was installed and the septic system completed, the health inspector came and approved it. I asked him if it would be acceptable for us to shift on site with our two caravans and use the partially built rooms. 'If you ask us,' he said, 'on principle we have to say no'. We convinced him that we hadn't raised the question, and were pleased to find that our neighbours didn't object either.

The move to our block was a great advantage. It eliminated travel, gave us a usable kitchen, and was an insurance against theft. We were also pleased when Mike, a policeman along our street, said he was keeping a special eye on our site.

When the house was at lock-up stage, we could have lost it all. We were using an oil-fired hot water system before fitting a solid fuel boosted

solar unit. Just before going shopping I checked the burner, as I had done frequently. At the supermarket we met an uncle who commented on our previous fire. 'I don't intend to let that happen again,' I assured him. What I did not know was that, while we were talking, the heater had caught alight! By amazing good fortune, friends arrived to pick up a surplus power pole just at the crucial time. Noticing the smoke, they



Special helpers Harry and Edgar (since departed) pulled nails out of the recycled timber.

swung into action as volunteer fire fighters. They knocked a hole in the laundry door to gain entry, and sprayed in water, which only caused the oil-fed flames to float. Taking a different tack, they shovelled in as much of the sand pad as required, until finally only the rafters needed dousing with the hose. The fire brigade attended but wasn't required.

Fortunately, not a lot of damage had been done. We were particularly thankful for that because, when we had previously asked for an insurance policy, the company told us that they didn't have a suitable one to cover us!

One problem we were facing was the need for a bricklayer. The building industry was booming and there was a shortage. We casually asked a courier who was exchanging our new but dented-in-the-box washing machine if he knew of one. 'Yes,' he said. 'My father-in-law who is on a working holiday has come to Perth for our wedding and might be interested.' We were very pleased with Olle and his wife Yetta, who assisted him. Yetta sorted out the variegated bricks and Olle laid them, so an attractive finish resulted. We handed out lots of drinks through the windows to sustain them.

All the capable people who shared in our aspirations, the qualifications I happen to have, and an understanding and supportive family, were the factors that made it possible to build our dwelling. How the project seemed to catch the interest of our many friends, who cheerfully offered their time and energy, still leaves us wondering. One of the main things we are still conscious of today is the stamp of friendship the house bears for us. From the foundations to the roof, from the light switches to the cupboard doors, we are reminded of the kindly and practical people who helped turn a house plan into a home. w

BANANA PEEL

.

Banana peel contains many nutrients that can be used by other plants. Tear the peel into small pieces and tuck into the soil around plants. The skin is rich in calcium, sodium, silica, magnesium, and more especially phosphorous and potash. Great for roses and geraniums in particular. **

Produce Protection Bags

by Alan Stewart, Alexandra Hills, Qld.

In spite of my best efforts with fruit fly lures and repellents, fruit flies stung my cherry tomatoes. Not one to take defeat lying down, a different strategy was called for.

Although there is nothing new about protective bags, they don't offer much in the way of air flow. The protective shadecloth bags are successful with our bananas, so I felt it was worth a try on tomatoes. It was also an ideal way to use up the heaps of small offcuts I have.

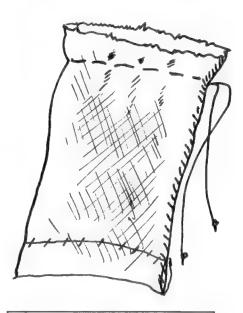
The bags are easily sewn up by hand and can be made to any size required. Fold a long rectangle of shadecloth (twice the length of the required bag) in half widthways. Sew up side seams with over stitch using heavy duty nylon thread. Use a long tacking stitch to sew a drawstring around the top, 1-2 centimetres from the edge. Leave 10-15-centimetrelong ends for tightening and tying the bag around the produce.

I can do one in 15 minutes and I'm sure the more dexterous will find them a breeze. It is an absolutely ideal project to do in the evening during commercial breaks. My wife doesn't recommend using a sewing machine on the bags unless a specially coated foot is purchased. Shadecloth is very abrasive and can ruin a normal machine foot. In any case, it is hardly worth it as they are so easy to stitch by hand.

The bags would be suitable for capsicums, avocados, eggplants, melons, grapes, or anything with a long enough stalk to enable the drawstring to be tightened.

Shadecloth is not an expensive item to buy; however, savings can be made by checking out the hardware stores for end-of-roll remnants. These are often less than half price. Though the bags could hardly be considered a commercial proposition, they are ideal for the backyard organic gardener. **





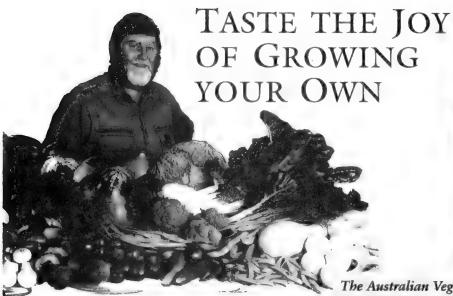
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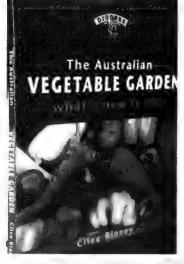
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The Australian Vegetable Garden: 128 pages. Retail price \$27.50, new Club price \$19.90, with a 2 year membership, just \$16. (Club details opposite) Join the Digger's Club for 1 year and save \$7.60. Special bonus offer just join for 2 years.

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All the family can be involved. Share the joy of watching your children germinate seeds for the first time. Watch their amazement as they understand the miracle of life. Help them start to grow their own food and flowers. 'The Australian Vegetable Garden' has 70 tomatoes to choose from, each with a specific fruiting time, harvest yield and time to sow.



DID YOU KNOW?

That heirloom tomatoes give better yields than hybrids? 'The Australian Vegetable Garden' dispels many of the myths about vegetables, with over 200 vegetables



Supermarkets carry hybrids and

GMOs with chemicals

described from asparagus to watermelon. No matter where you live in Australia, 'The Australian Vegetable Garden' will show you. In fact, once you taste the vegetables you grow yourself, you will probably never be satisfied with supermarket vegetables again.

THE COMPLETE FLOWER GUIDE

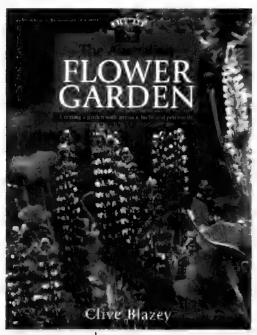
Following the success of 'The Australian Vegetable Garden', Clive Blazey has just written the companion book of flowers for Australian gardens. It takes the guesswork out of growing annuals, bulbs, perennials, shrubs and roses, naturally. With 550 different flowers and 36 individual pieces of growing information, it has ten times as much cultural information as 'What Flower is That?'

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Clive Blazey and his staff have condensed 25 years' experience growing flowers artistically at the gardens of Heronswood and St. Erth. 'Australian Flower Garden': 144 pages. Retail price \$29.50, Club price \$25, but with a 1 year membership, just \$19.90, or just \$16 with a 2 year membership.

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Signature.....Exp. date

WHAT'S ON

It's easy to see that memories of winter are fading fast with numerous events and activities fast approaching over the next couple of months, many especially geared to tie in with the better weather and spring growth.

NATIONAL LETS CONFERENCE

Melbourne's Moreland LETS are the hosts for this year's annual conference being held on 2 to 4 November at the CERES Environmental Park in Brunswick. There'll be workshops, tours and celebrations. Billeting is available. Contact 03-9388-1999, or email lets@ceres.org.au for more info.

HANDMADE HOUSES TOUR

The dates for this year's two-day self-drive tour around the Nambucca Valley visiting 20 alternative homes, buildings and gardens are 13 and 14 October. This is Tallowood School's major fundraiser and is part of the Back to Bowra Festival. Phone 02-6564-7619 for details and tour booklets, or email tallow@nor.com.au

SUSTAINABLE LIVING FAIR

No longer at Hanging Rock, this year's Fair is being held at the Alexandra (Moomba) Gardens in Melbourne from 16 to 18 November. Info on a range of new technologies and services will be available. Contact 03-9440-6251, or email fair@sef.org.au for more details.

ARMIDALE SPRING FESTIVAL

Twelve unique Tableland gardens will be open 3 to 4 November. Music, stalls, exhibitions, tours and historic houses will also be part of the festival. The Saumarez Homstead Floral Fiesta is on 27 to 28 October, and the Flower Show is on 10 November at St Paul's Presbyterian Hall. Call the Visitors Centre on 1800-627-736 full details.

EARTHFEST

Hillside Farm is the venue for Gosnells City Council's EarthFest on 4 November. This site is West Australian Nut & Tree Crop Association's Gene Bank Planting area. Contact Alex Hart for details on 08-9490-1324.

SYDNEY MENS' FESTIVAL

The seventeenth festival is scheduled for 20 to 28 January at Minto Bush Camp. There will be many interesting workshops and plenty of time to talk. The next weekend gathering is on 13 to 14 October. Contact Peter Shalless on 02-9603-2260 for details.

BASICS OF BIODYNAMICS

A two-day introductory course covering all aspects of biodynamics is being held at CB Alexander Agricultural College in the Hunter Valley on 20 to 21 October. Contact Karen Newby on 02-4938-5596 at Hunter Biodynamic Group for full details.

WAGGA ALTERNATIVE EXPO

This year's expo is at the PCYC Complex, Gurwood Street, on 10 and 11 November. The focus is on natural and alternative health products, groups, services and craft. Proceeds go to the Wagga Wagga branch of PCYC. Contact Louise Boscott on 02-6933-1461 for full details.



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SEA 073/GEN

How Are The Tigers Coming Along? A Small-Scale Queensland Prawn Farm

by Pamela Odijk, Bribie Island, Qld. Photographs: Herman Odijk.

'How are the tigers coming along?'
'They're just fine as long as they're fed every few hours.'

Anyone overhearing that conversation might be a bit taken aback until they realised it was black tiger prawns being talked about. And the prawns – thousands of them – are on Peter and Judy Spindler's farm in south-east Queensland. Theirs is one of approximately 29 prawn farms in Queensland, although the greatest concentration of farms is in the north, between Townsville and Cairns. Queensland has replaced NSW as the major producer of farmed prawns, faster growth rates being achieved in higher water temperatures.

Though the Queensland Department of Primary Industry estimates that a viable prawn farm should consist of six, one-hectare ponds (at a cost of approximately \$350,000 - \$500,000 plus), the Spindlers have proved that a smaller enterprise can be quite profitable and easily managed by two people. Their enterprise consists of two, one-hectare ponds, 1.5 metres deep at the centre. Each has five two-horsepower sets of electrically driven paddle wheels which aerate the water, maintaining oxygen at the desired level and keeping the bottoms of the ponds clean. Prawns will only live in clean water, so the paddle wheels are progressively moved from the edges towards the centre of the ponds as the prawns grow.

Before setting up their prawning venture (on part of their 40-hectare property), Peter visited prawn farms in Thailand, Taiwan and Malaysia to gain valuable insight into exactly what was required. After all, Asian countries provide about 85 percent of the world's supply of cultured prawns, so they must have procedures and techniques finely honed. That is the reason Peter has paddle wheels on his ponds.

'They are used extensively by the Taiwanese prawn farmers,' he explains.



One of the two lha prawn ponds showing the sets of paddle wheels used to aerate the water.

'It might be old technology but it's been tried and tested – and it works.'

PREPARATION AND GROWTH

Peter grows his prawns out from fry, but before these are introduced into the ponds a cover of algae is necessary. It must be grown in the early part of the season and must be maintained at all times. Fertiliser is mixed and dispersed to initiate the algal bloom in the ponds.

Growing out the prawns from fry takes 126 days (approximately five months) of each year, plus two months of very careful planning. Prawns have to be fed five times a day. Most feed used for farmed prawns in Australia is imported. In the early stages the food is distributed by hand into the ponds, but as the thousands of prawns grow Peter uses a food blower (mounted on a trailer which he pulls around the ponds with his four-wheeled motorbike) to distribute the food over the ponds. Food fed in the early stages is finer than that fed as the prawns grow. Prawns from the Spindlers' farm weigh approximately 25 grams each at the

end of the growing period. The Spindlers can expect a harvest of from six to ten tonnes of prawns from each of their ponds.

ENVIRONMENTAL RESPONSIBILITY

Everything on the Spindlers' farm is carefully monitored. Food consumption is monitored by lowering six feed trays into the water in each pond. The supply of food is adjusted according to any residue because waste food can affect the water quality.

Water quality itself is also carefully monitored, both in the ponds and in the tidal creek from which Peter has permission to pump. The amount of dissolved oxygen is measured, along with salinity, temperature, and plankton conditions. Water to be discharged from the farm is pumped to a settlement pond which is tested every two months and again one month prior to release. Peter and Judy Spindler are working closely with researchers from the Sunshine Coast University who are studying surrounding marine muds, mangroves and marine animals

to see if there are any significant changes being brought about by the discharge from the prawn farm. Also, the nearby Bribie Island Aquatic Research Centre has been experimenting with mullet breeding as part of a new plan to clean up prawn waste to ensure an ecologically sustainable prawn industry. At present, Peter uses the waste from the bottom of his settlement pond as fertiliser elsewhere on his property.

MARKETS

Like most Australian prawn farmers, Peter and Judy used to export to Japan, but they now sell to various Australian markets – live prawns to niche restaurant markets in Sydney and Melbourne; cooked and raw prawns to local restaurants; and to private buyers. Prices received vary from \$15 – \$30 per kilogram depending on the type of market.

Profitability of prawn farming in Australia is extremely sensitive to price. If prices fall relative to costs, it can mean disaster. In some places, such as Far North Queensland, where three crops of prawns in every two years seems achievable (some advocate two crops per annum), prawn farming certainly looks very attractive.

The consensus is that prawn farming in Australia can be profitable if the operation is well managed and prices of at least \$10 - \$12 per kilogram can be maintained. In any case, prawn farming can be another way for Queensland farmers to diversify. This is what the Spindlers have done.

PROBLEMS AND CHALLENGES

Licences are difficult to obtain and many criteria have to be addressed, and

there are seven different government departments to deal with.

Reliable power is essential, and this includes a backup generator for when the power fails (and this is usually in the middle of a storm, according to the Spindlers). On the Spindlers' farm, the paddle wheels have to be operated five times a day to coincide with prawn feeding times. Power is also needed for pumping, lighting and refrigeration.

The ponds must also be protected by a one-metre levy bank in case of storms and floods. Then there are the cormorants that would fish the ponds out in no time if one wasn't vigilant. The same goes for the sea eagles, although they are less of a problem.

Prawns are particularly sensitive to changes brought about by pressure systems. If a low pressure system is prevalent, or when there is a subsequent change back to high pressure, the prawns won't feed. They also refuse to feed when it is a windy day, or if the water temperature reaches 33° C. Even a daytime air temperature of 35° C will put the prawns off their food, and that happens frequently here in Queensland.

'And people should never underestimate the big investment in time and commitment,' Peter says. 'Apart from the initial cost and preparation, it's an around the clock job for five months once the prawns arrive. We can't leave the property until the prawns do.'

Anyone interested in setting up a prawn farming operation would be wise to consult their relevant Department of Primary Industries/Agriculture/Rural Affairs for advice.



Peter Spindler ensures that every facet of the prawn farming is monitored and recorded. A well-run operation can be profitable if prices remain high.



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Ken Woods' Plum Pud

by Ken Woods, Shoreham, Vic.

Ken's Christmas plum pudding proved so popular last year that he has kindly updated it for us this year. It seems incredible, but, plum pudding makers, it's just about that time again.

I thought readers would like an update on our ever-evolving plum pudding recipe. Several days before Christmas 2000 the pudding mix was ready to bag up and boil. It became apparent that the mix was insufficient for our Christmas requirements. From the pantry a kilogram of currants and a kilogram of mixed dried fruits were stirred through the prepared pudding mix. Into this we blended:

2 tbsp treacle

5 bantam eggs

2 tsp mixed spice

1 tsp cinnamon

300 ml olive oil

grated rind and juice of 1/2 an orange

a large carrot, grated

150 ml brandy

Then, equal parts of breadcrumbs and wholemeal self-raising flour were blended into the mix, sufficient to produce pudding consistency. No extra sugar was added.

Our main mixing bowl is 33 centimetres in diameter and 15 centimetres deep. Full to the brim, it yielded six puddings, each amply sufficient for eight people.

On one pudding the tie was too close to the mix, which expanded with cooking and caused the bag to burst. In frantic haste and with unexpected dexterity, I was able to place the split bag and pudding into another bag and back into the boiler.

Male cooks (Roberino and others) can well imagine the reaction of the head cook (my lovely wife) had that hot raw mix bubbled from the boiler, to the hotplate, down the stove and cupboard and onto the tiled floor. At the least I might have been dispatched to the fowl house on Christmas Day.

As a result of the article on the evolution of our plum pud, a request from a GR reader at Balnarring: 'Please scale down the recipe to suit one person.'



We blended together: 1 cup mixed dried fruit grated rind and juice of 1/2 an orange grated 1/2 a small carrot

I dsp mixed peel

1/2 tsp carb soda

3 bantam eggs

2 tbsp treacle

150 ml brandy

I level tsp mixed spice

1 tsp cinnamon

Then equal parts of breadcrumbs and wholemeal self-raising flour, were worked through the mix, to produce plum pud consistency.

This mix gave two puddings, in bowls 13.5 centimetres in diameter and 6.5 centimetres deep. Cooked, the puddings weighed 410 and 430 grams. Cooking time was three hours. Because of the amount of treacle used, no sugar was added. Grandchildren involved voted it an 'XLNT' pud. Shiela Gurr, the famed Tassie cook, suggested we use the microwave to reheat – three minutes on high gave XLNT results.

See GR141 for Ken's original pudding article. #

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GARDEN BOUNTY

Parsley

by Cheryl Beasley, Karalee, Qld.

Parsley can be grown successfully in pots and makes a lovely border plant. It grows best in well-composted soil and in full sun, but will tolerate partial shade.

As a beauty herb parsley contains antidandruff properties, makes the hair shiny and full, and for the skin it has good deodorising and healing qualities. It is used to strengthen the skin and has a high vitamin C content.

PARSLEY AND WITCH HAZEL ASTRINGENT

(oily skin)

- 1 tsp lemon juice
- 4 tbsp parsley infusion
- 3/4 cup witch hazel

Combine the ingredients in a bottle and shake well before each use.



SHINY SHAMPOO

- 1 egg
- 2 tbsp parsley infusion
- 1 tsp witch hazel

Beat the ingredients together and gently massage into the damp hair and scalp. Leave on for five minutes then rinse out with cold water.

PARSLEY PACK

(blemished skin and thread viens)

- 1 tbsp powdered milk
- 1 tsp chopped parsley
- I tsp fuller's earth

strong parsley infusion

Place the powdered milk, chopped parsley and fuller's earth into a cup and add enough parsley infusion to make a paste. Apply this to your face and neck and leave for 15 minutes. Remove with lukewarm water and pat dry.

THREAD VEIN CREAM

- 2 tsp beeswax
- 3 tbsp almond oil
- 1/4 tsp borax
- 1 tbsp warm water
- I tbsp parsley juice

Melt the beeswax in a pan over hot water and add the almond oil then remove from the heat. Dissolve the borax in the warm water and add the parsley juice. Add the water mixture to the oil slowly and beat until cool.

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MAREMMAS For Predator Management

by Lois Pearson, Muchea, WA.



Diversity and adaptability are increasingly important assets in living these days. Within agricultural regions the importance of having many facets to your land production will increase your chances of sustainability. Having a multi-use predator control program that has minimal impact is certainly a valued asset that is too good to ignore.

In Australia we are gradually becoming familiar with predator control utilising livestock guardian dogs (LGDs), but sometimes it is forgotten that these dogs' guardian qualities can be applied to many animals, including poultry. Livestock guard dogs have been used for centuries in their homelands of Europe and Asia. They predominantly guarded livestock such as goats, sheep and horses. However, the livestock with which they would develop an attachment, then subsequently guard, was dependent on which species they were bonded with initially. Although the characteristics of all LGDs are similar, the experience I have had concerning poultry predator control has been with the Maremma Abruzzi LGD – the white Italian shepherd dogs.

The working nature of all LGDs is complex and often misunderstood or misinterpreted. LGDs bond to the animals in their care – becoming an integrated part of the herd, gaggle, mob or flock. Maremmas live full time with their charges and develop routines and procedures for the care and protection of them. The Maremma is an intelligent and self-reliant dog, well able to make decisions in changing and varied situations. It is these characteristics that make it such an effective predator controller.

In my own situation we use Maremmas to guard free-range poultry and goats. Our primary predators are foxes, hawks, feral dogs and crows. I currently have two pups in training and one mature dog working in the free-range field. The breed is known for their ward-off barking, on the approach of a predator or an event that is foreign to the dog. This could be an event they

have not experienced previously, or an event they know is cause for concern, such as a new vehicle in the area. If the dogs perceive the threat as ongoing and intense, they will move their charges into a position that offers greater protection. For example, on one occasion there were several stray dogs in an adjacent paddock. These dogs were not from our area and were running up and down the fenceline attempting to gain entry to my paddock. The Maremmas herded their charges into the corner of the paddock furthest from the foreign dogs, then the eldest guard dog went down to the fenceline closest to the stray dogs, barking loudly and snarling. The younger Maremma held back closer to the chickens and goats, but was also barking. The foreign dogs then moved on away from our area and the Maremmas returned to their charges, checked them before they all went back to either grazing or scratching. Periodically, over the next half an hour or so, the dogs moved down to the fence where the other dogs had been,

appearing to check whether the strays had definitely gone.

Generally, crows and hawks are warded off from the flock by the Maremma's barking. If they do land the dogs chase them off. The dogs are able to recognise the birds that are a threat to their flock. The chickens soon learn to respond to the varying barks of the dogs. For example, a hawk might be in the vicinity and the dogs will bark. The bird is not a threat and the dogs are letting the bird know they are watching, but the chickens continue scratching and feeding. However, if the bird moves to a closer location where an attack is more likely, the dog changes the tone and rhythm of the bark and the chickens alter their behaviours accordingly. To date I have not had any stock loss as a result of predators. I have also not had to instigate other programs such as baiting and trapping to control predators in my area. An outcome I am quite pleased with as hawks are native to the area and deserve to live here as much as, if not more than, I do.

How happy, you might wonder, are the chickens and the dogs? The dogs snuffle and lick the chickens. The chickens lie near the dogs. When it's raining the dogs lie under the chicken coop once they have made sure the chickens are all inside. The relationship has even developed to where the chickens occasionally lay eggs in the dogs' feed dishes.

If you have livestock that you wish to protect from predators, the Maremma Abbruzzi LGD is a versatile operator. It will guard a host of livestock, only limited by the animals to which the owner bonds the dog. Poultry predator control is achievable



Our young pup Amica sharing the hens feed, proof of how well the dogs and their charges get on.

utilising these dogs. There are books and several helpful articles written on the breed and the bonding process, a website (www.maremmano.com.au), a Maremma sheepdog club, and established breeders who can provide some 20 years of working experience of the breed under Australian conditions.

MORE INFO ON MAREMMA

We have further articles on this breed of livestock guardian dog next issue, one protecting goats and the other sheep. In Feedback last issue on page 45, a reader's letter detailed groups and contacts to follow up for more information plus a website was given.

FAT HEN PEST

Fat hen (Chenopodium album) is a terrible pest in parts of Queensland. The best way to keep it under control is to establish and maintain a vigorous pasture. If the area is bare and the weed is growing there, chip or otherwise control weeds, getting desirable plants growing and excluding stock. With infested crops it is advisable for the area to be fallowed over summer. Alternatively grow a green manure crop, but make sure the crop is ploughed or weeds are controlled before they set seed.

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PANDAN

Natural Flavouring For Rice & Pasta

by Jane 'Many Leaves' Lawrance, Babinda Qld.

Ornate, pointed linear leaves stand out among the throng of swaying, edible foliage in my permaculture garden. Pandanus amaryllifolius from the Pandanaceae family definitely falls into the multi-functional plant basket. Also known as rumpa and screw pine and grown primarily for its spicy, aromatic leaves, this is an easy-care, easy-growing dense, bushy shrub.

Originating from tropical Asia, the perennial pandan reaches up to 1.5 metres high and supplies leaves for flavouring throughout the year.

The leaves are smooth, up to eighty centimetres long and five centimetres wide, with a firm centre rib. Because everything grows so well up here, I trim my plants when necessary, for an excellent source of in situ green mulch. Strewing the long broad leaves on the garden beds around large mature plants provides excellent mulch. Don't worry, after pruning it jumps back with vigour, a great 'chop and drop' permaculture plant. One clump was so thick, Mrs Mouse had made her home inside the leaves and thick fleshy outstretched roots.

Pandans enjoy full sun or part shade; in fact, it's not fussed – just choose a well-drained area in your garden. I've got mine growing in different patches, some basking in full sunshine, while others are lurking in the shade and doing just as well.

With their dense clumping habit, often forming a rough hedge, pandans

can create an essential microclimate to protect young tender annuals behind an effective windbreak. If you're moving house and desperately want your pandans with you, don't worry! Young plants readily sprout from the thick stems. There are new shoots in abundance, so pot up a few before you pack your bags.

Into the kitchen, to see how you use this fine flavoured addition to the garden. Just add half a large leaf, folded up to ensure it all fits in to your pot of rice or pasta. Cook as normal, leaving the leaf in until you serve up. Your kitchen will smell softly aromatic. For an exotic Asian dinner for two or to impress that special party of friends, wrap up parcels of meat or fish and steam them. Half a large leaf



Jane 'Many Leaves' alongside a pandan plant, unique for its aromatic flavour.

is adequate for the average dish, just experiment on the family! Left to a good cook's imagination, rice, pasta, fish and meat may never taste the same again!

Back in May 2001 I spoke to someone at the Cairns Tropical Garden Show who boils up the leaves, sometimes crushes and pounds them, to extract the aromatic juices that add both colour and flavour to cakes and desserts.

Popping into your garden for that unique, homegrown Asian flavouring from an eye-catching, tasty perennial is one of life's many riches.

Jane Lawrance's 'Many Leaves' catalogue of unusual and edible plants is available. Please send 7 x 45 c stamps (includes postage) to Jane 'Many Leaves' Lawrance, PO Box 374, Babinda, Qld 4861. Don't forget to tune in to ABC Radio Far North's Breakfast Show each Tuesday at 7.15am! W

-346-FREE INFO ON BIODIESEL

Free information on biodiesel, direct charging and solar products is available from Tasman Energy, ph: 03-6362-3050, or visit the website at www.tasmanenergy.com.au #

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BUILDING WITH TERMITE CLAY

by Anthony Duncan, Canungra, Old.

While working as a volunteer teacher in Africa a few years ago I came upon the common use of churu - termite clay. The local people had been using it to construct little round houses for centuries. Though this material can't withstand torrential rain directly - hence the use of a thick thatched roof with a wide eave - it is still a remarkably enduring and easily harvested product.

John Turner is a quiet man who appears briefly in one of 'uncle' Bill Mollison's videos. John engaged himself in extensive studies of these amazing termites, becoming somewhat of an authority on the subject. I often visited his home for dinner, each time walking beneath a cluster of pawpaw trees bearing the largest fruit imaginable and rooted in a vacated termite mound. Their fertilising properties are another virtually undiscovered wonder.

My introduction to churu as a building material was actually here in Oz over ten years back. An old German friend had a surplus of vacant 'clay castles' on his property. He knocked them down with his front-end bucket. crushed them with the wheels, then scooped up the crush and popped it in the mixer. The floor he laid in his lounge was of immense natural beauty;

cracked all over, it appeared to have been down a thousand years.

Now, it should be noted that the saliva of the little termite is a most powerful bonding agent, making churu very awkward and 'globby' to work. When screeting or floating off, its adhesive quality works against you. For this reason I recommend mixing four parts coarse sand to one part churu for workability.

While in Africa I laid handmade fired bricks with a ten to one pit sand (which is quite fine) and churu blend. Both these ingredients were harvested within 500 metres of each other. I also used this mix as a render for applications that wouldn't have to endure extreme rain damage. Of course, in Oz we have the benefit of a multitude of efficient, inexpensive sealants which would overcome weathering problems.

The prospects for churu use here are numerous; reinforced walls, ovens, bricks, floors, and, as aforementioned, as a mortar with squared stone or mud and fired brick. One must appreciate the irony in using the abandoned habitat of entities who have digested so many of our dwellings. Moreover, the use of churu is environmentally sound. economical and practical. w



A traditional building material, churu has many potential applications for do-it-yourselfers.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

BABINDA PEST CONTROL

My Transylvanian Naked Necks perch quite happily on a polypipe perch. Many years ago, found out somewhere that mites etc don't like living on polypipe, so we discarded the old wooden perch and now have the following:

- Black polypipe 50 mm outer diameter with a 25 mm galvanised pipe through it for support.
- To attach, simply bolt onto each end of chook cage.

When the birds started to perch they found it a bit slippy, but after a while they got 'to grips' with it!

End result = no scaly leg, no mites, also no external parasites – just happy Naked Necks! Also, no maintenance to do on the perch.

Jane 'Many Leaves' BABINDA 4861.

Red mites are the poultry pest that usually live in cracks and crevices in the perch and poultry house, emerging at night to scurry to the fowls and engorge themselves with blood before retracing their steps back to where they've been congregating. A quick test to see if they are present is to wrap a pale coloured piece of cloth around one or both ends of the perch and secure with a pin. Open out next morning to see if mites have crawled under or into folds in the cloth. It's unclear what effect the polypipe has, but if it's working as a deterrent that is excellent. It won't have any effect on northern and

Clinic

tropical fowl mites or lice as these live on the bird. The mites can cause irritation as well as weakening birds, being blood suckers, but lice largely live off dead skin particles. Check around the vent, especially the area below it down to between the legs, the presence of minute scurrying creatures providing the evidence you need. Both lice and mites can be introduced via vermin like sparrows. Scaly leg is caused by a mite also and is transferred by physical contact, not via perches. Good luck with the polypipe.

ITCHY HORSES

Could you please give me some advice? I have horses that suffer from itch from biting midges. They rub themselves quite severely. I have tried various washes but without much relief.

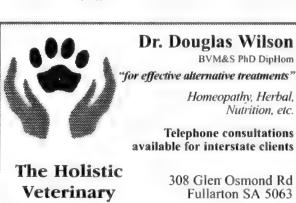
I have been told that seaweed meal put in their feed would help them. If this is true or if there is some other safer method to stop this itch could you please advise me.

If the seaweed meal is safe could you please advise me on how much per horse (or per 100 kg), how often and whether it can be fed indefinitely.

Margaret.

A quick fix with a single ingredient won't necessarily work with this distressing problem, it will need to be tackled more holistically. A similar problem – concerning fly bite, rather than midges – featured on this page in GR120 and the advice proffered may prove helpful to

you. The key to treatment is what your horses are being fed. Under no circumstance give molasses or other sweeteners; stock on overly rich food, or with sugar in their blood, are susceptible to biting insects. Insufficient sulphur in the diet also causes this reaction, and while it can be given as a single supplement, best results come from providing basic feed with a range of minerals added. Pat Coleby, author of 'Natural Horse Care', which you should read, recommends: equal parts of oaten chaff, lucerne chaff and best racehorse bran dampened with water to which a minimum of one tablespoon of cider vinegar has been added. The following minerals should also be included: one tablespoon of dolomite per feed, one tablespoon of vellow dusting sulphur per day, one dessertspoon seaweed meal per day, half teaspoon copper sulphate per day and one tablespoon of cod liver oil weekly. You will need to dissolve the copper sulphate with the cider vinegar in warm water. Finally, rock salt or coarse unrefined salt should be available in the paddock for the horses (do not add to feed), as well as clean water at all times. No grain or other additives should be given to the horses, and vou may prefer to give the seaweed meal separately, ad lib, so the horses can take what they need; excess to their requirements may upset their system. All the ingredients are explained in detail in 'Natural Horse Care', along with feed recommendations, so check out your local library or buy a copy of this handy book. W



Telephone: 08-8338-0005



Jackie Fitzgerald: Homoeopath, Herbologist, Reiki Master. Shop 4, 658 Pittwater Rd, Brookvale NSW 2100, Australia. Ph: 02-9939-0410 Fax: 02-9939-0404 Mobile: 042-778-8858

DESERTS LINKED

In mid August Senator Robert Hill planted the last tree to join the Big and Little Deserts in Victoria by a network of linked, vegetated corridors. Since 1998 Greening Australia, Landcare and other groups and individual landholders in the region have been working to revegetate a 2000-kilometre stretch of roadside, stock routes and private land. The restored connections between blocks of remnant vegetation will provide habitat to help prevent further decline in flora and fauna species in this cleared landscape and keep plant and animal populations at a viable level. The culmination of the project was a weekend when 400 volunteers planted 40,000 trees.

SOLAR BUILDING

A 22-storey office building in Brisbane has been designed as a huge solar generator. The roof and windows are integrated solar panels with a peak output of about 60 kilowatts. Installation costs were minimised by the use of panels designed to replace other building materials. The windows, for example, are of Optisol solar glass laminate rather than ordinary window glass. Most of the power generated is sold to the building's tenants, ensuring an uninterrupted power supply to run their computers and other equipment.

Energy efficiencies incorporated into the rest of the building include high-efficiency lighting and air-conditioning that together reduce energy consumption by 38 percent.

On another front, a new process to enable glass windows to be replaced by photovoltaic cells made of titanium dioxide is in the pilot production stage. These will be able to take advantage of lower light levels than conventional solar cells and work at higher temperatures without loss of efficiency. They will also be suitable for use in internal partitions. The greater versatility of the titanium cells is expected to make them more economically viable and produce more watt hours per cell than conventional silicon cells

GM-FREE TASSIE

Tasmania is likely to extend its current 13-month moratorium on GM crops. The ban is to be maintained for a further two years and the State Government appears to be in favour of declaring Tasmania permanently GM-free, a move that would need approval of the other States and the Commonwealth.



REPTILE BIODIVERSITY UNDER THREAT

Concern over loss of biodiversity seldom focuses on our most populous species. Australian reptile species outnumber our bird and mammal species, with 850 species of reptiles, over 89 percent of which are endemic. Since 1983 it has been estimated that over 100,000,000 reptiles per year are destroyed as a result of land clearing, overgrazing, cropping, urban development and predation by introduced animals, with land clearing and subsequent habitat loss having by far the greatest impact. Other minor (to this point) contributing factors are environmental pollution, disease and parasites, and unsustainable trade. There have been concerns raised recently about the possibility of a virulent fatal disease entering the country by way of illegal imports.

A study in 1993 found that approximately 25 percent of Australia's reptile species were in significant decline to the point of requiring management of the processes threatening their survival. Of the remaining 75 percent of species a significant number were also declining to some extent. The issue of reptile decline is seldom addressed specifically, however, it is hoped that general conservation and regeneration measures will also have a beneficial effect on reptile species.

ROAD-KILL REPORTING

In Victoria over 5000 native animals are killed each year on the roads. A new study is asking drivers to cooperate in registering road-kill incidents so as to establish patterns and possible 'hot spots'. It is already known that there are more animal deaths on the road in flat areas where there is good food and habitat. In hilly areas of lesser habitat, and where motorists are often driving more slowly, there are fewer deaths. Many animals that are hit and injured move into the bush to die. making it very difficult to accurately estimate the number of fatalities. Drivers can reduce the number of tragic incidents by driving more slowly at dawn and dusk when animals are more active. When reporting road-kills, details of what was hit, when and where should be included.

Register road-kill details at: www.edu.vic.gov.au/sofweb/science/vri

AN END TO CANE BURNING?

The traditional pall of smoke over sugar cane growing areas could soon be a thing of the past. An increasing understanding of the environmental effects of cane burning is leading many growers to try more sustainable methods of harvesting. One such project is being undertaken near Murwillumbah in northern NSW. Federal Government funding of \$500,000 is being used to modify harvesters and develop other relevant changes to facilitate green cane harvesting.

The new system harvests the whole crop, unburned. At the mill the cane is separated from the trash. From the mill the trash is transported to a nearby cogeneration plant to fuel electricity production. This method reduces greenhouse gas emissions and utilises the waste productively.

Grants are available to assist other rural industries adopt innovative practices, technologies and products.

For more information about grants and how to apply phone: 1800-686-174, or visit the website: www.affa.gov.au/farminnovation

Dear GR People,

My siblings and I started a subscription for our parents with GR1 and they kept it up to around GR100, until they moved back to the city a couple of years ago. After years of on and off savouring of Feedback at my parents' home I'm hoping that someone will savour my missive.

We're currently desperately seeking a person or a couple who might be interested in our project, and willing to give it a go for three to six months. We're building an environmental education centre on the edge of the subtropical rainforest of World Heritage listed Border Ranges National Park. It is a very beautiful and peaceful place, located an hour and a half south of Brisbane and west of the Gold Coast, and 35 minutes south of Beaudesert, on the border with NSW.

The aim of our residential program is to encourage self-motivated personal lifestyles that are positive, healthy, socially and environmentally responsible. We will seek to provide a total experience for learners where all aspects contribute to a unified beneficial outcome.

To do these wonderful things we need to finish building, as soon as possible, so groups can be housed and fed. To do this we bit the bullet and are running a Capital Fundraising Campaign, with scores of volunteers beavering away, mainly in Brisbane. But it's taking a lot of extra time and energy and Richard (the other resident Trust Director along with myself) and I were already working full time (voluntarily) on the administration and maintenance. And I am going overseas from July to October to visit family. My 'dream' is a SELF-FUNDED COUPLE (maybe with a caravan) who want a beautiful place to live for a while, have office/computer skills and outdoor-type skills between them, and like the idea of what we're up to. In exchange for probably 20 hours work a week you would have a magic home, good company(!), and a very interesting and worthwhile project to invest your energy in. Are you out there?!

Joan McVilly, Wild Mountains Trust, RATHDOWNEY 4287. Ph: 07-5544-1377.

Email: wildmountains@hypermax.net.au

Dear Grass Roots,

I recently read my first copy of GR (June/July, 2001), and am writing to say how much I ENJOYED THE MAGAZINE. I particularly appreciated that your articles give practical information, and are written in such a way that encourages even 'beginners' to have a go at something new. Being a keen gardener, I particularly enjoyed the no-fuss article on cape gooseberries, so I eagerly look forward to the new issue.

Jill Harris,

34a Queens Park Circ, OXENFORD 4210.

Dear GR Readers,

We are at present setting up an organic farm of HERITAGE FRUITS AND VEGETABLES. Heritage apples are easy to come by, but others such as old-peaches and appricots are hard to find.

Would anyone know where I can obtain a tree or cuttings for grafting of the HUNZA APRICOT? It's quite unique, with white flesh and highly nutritious kernels. It would make my year to be able to find one of these trees. Any information on old fruit trees would be greatly appreciated and I would love to receive letters from anyone wishing to communicate. All information and advice thankfully received!

Bev Southam, PO Box 37, QUAAMA 2550. Ph/fax: 02-6492-1610.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

Hello Megg,

Around one year ago someone in Feedback had trouble bottling garlic and it turned green (or blue?). Recently I invested in a Vacola outfit to do vegies and sat on the floor in the shop to read the new and updated (very, very thin and expensive – hence not purchasing it) Vacola book. I was blown away to discover



they now recommend no vegies, aside from tomatoes, be bottled because today's science has found it to be unsafe. They suggest calling the CSIRO if you still really wish to PRESERVE VEGIES. Well, no one at CSIRO had any idea why that was printed by Fowlers, but I was finally put on to a lady who said she'd send me some info. It duly arrived with reasons for blue garlic. Few readers would be aware vegies may be unsafe when preserved the Vacola way.

Any time in the past that I've frozen vegies properly the result upon thawing was so poor, I'll never bother again, and the thought of vinegar flavoured vegies (as in the CSIRO article) leaves that idea as a no-no too.

One major query: Has anyone ever, ever caught a duck asleep? My Muscovies are awake all day and all night. I garden at the weirdest hours, even at 4am.

Sally Oram, Cassilis Rd, MUDGEE 2850.

Hello GR Staff.

It's grand to know there are many like-minded people in this fair country we live in. During my lifetime – I'm an age pensioner now – I've let many an opportunity pass me by at times. I regret those lapses. Magazines such as GR supply the need I have to replace those lost moments. Thank you to the brave people who had the courage to begin their long journey with the printed words we all enjoy in this publication.

Firstly, in support of the PLUG-IN PEST CONTROL: It's doing an excellent job in keeping my living space pest free.

Next comes Madura tea: I found it and use it and know it to be the best brew among packaged tea on the supermarket shelf. A very Australian range of flavours for us to enjoy.

I am an ardent tree lover also. When I lived in Queensland I saw some trees felled to make way for housing estates. It was an agonising sight for me to watch, and one of several reasons why I came back into NSW to live. Here it is deemed necessary to retain and PRESERVE SOME TRACTS OF FOREST in a natural state, also to reclaim some tracts of land and replant trees. I see trees as living forms – very giving, very friendly in every sense to humans. We need some discipline and respect for these necessary living friends so they are there for future generations.

Finally, I am interested in KEYS. Anything old and/or unusual. They are hard to find I realise, but I still try anyway. Not the modern-day style, that is easy enough for me to obtain. Any condition acceptable. If anyone has old, unusual theme keys, I will give them a good home. Am willing to pay, plus postage, to indulge my interest.

I noted several people have been wanting to obtain New Zealand yams. I've found an address for you: Green Harvest, 52 Crystal Waters, Maleny, Queensland 4552. The NZ yams are sold as four tubers for \$4.50. I grew some when I lived in New Zealand. They are reasonably easy to care for and you will reap a good harvest from them.

I'm interested in penpals. I'm in my mid 60s, so the ages over 40 years would be more in line with my age. Younger if they wish a grandma penpal!

Gaelle Murray, PO Box 825, TAREE 2430.

Dear GR Friends.

I am looking for a book called 'TIMPETIL'. It is a children's book published 50 years ago. I would happily pay for it. Also, I am collecting rhymes, poems or any verse on old age, life, children, grandmothers. Does anyone have any?

Denise Walker, 1 Regal Waters, 20 Holzheimer Rd, BETHANIA 4205. Ph: 07-3200-4073.

Dear GR Readers,

For awhile now I have been procrastinating about WHETHER TO MOVE FURTHER OUT from Melbourne. I own and live on a nice property in the Yarra Valley, and some people ask 'Is that not far enough?' But my dream is to have a few acres and do my own thing. You know: solar power, water tanks, chooks and my vegie garden. Being an ex-builder, I would do the whole thing myself and have a lot of satisfaction doing it. The story by Heather Kozak (GR144), 'Moving to the Country', brought those thoughts back again. Two things make me hesitate: I am alone and I am 60 years old, but I am fit and in good health.

Then there are three grown-up, independent children and other family who all think that I am already too far out and think it is an effort to come and see me. Would I miss being conveniently close to everything? Please GR readers, let me know what you think. Perhaps some of you have been through this yourselves. Any regrets? Maybe there is a fit and healthy GR lady who would like to help me make up my mind either way.

Mountain Boy (GR 146), C/- PO Box 117, SEYMOUR 3661.

Dear Megg & Friends,

In our move from the central coast to Moss Vale all my recipes (and I mean all, some belonging to my mother were nearly a hundred years old) were lost. If anyone out there would like to share some of their FAVOURITE RECIPES with me I would be most grateful, be it cakes, biscuits, jams or pickles.

Have quite a number of patterns for knitted toys (they didn't get lost thank goodness), so if anyone would like copies I will be happy to oblige, though return postage would be appreciated.

Joan McCall, 25 Suttor Rd. MOSS VALE 2577.

My husband and I made our escape from Sydney almost six years ago, however, I must say that if one has to live in Sydney, Terrey Hills was a good place to raise our five children. Children grow and in due course leave the nest, and so the time was right for us to seek our retirement nest. After many years housebound, it was good to get out and see our beautiful state, and, while doing so, watch out for suitable retirement locations. Travelling from Walcha, down the Oxley Highway through Comboyune and on to Wingham, we felt we had found our desired location. Other places were looked at, but Wingham remained at the top of the list. With house finally sold, children secure in own homes, we began our house/property hunting in earnest. After the confines of the city quarter-acre block we were looking for some space for a large garden, fruit trees and peace.

We also now had some money to buy some good furniture and we made our selection from the Country Style furniture now popular. This selection included a rather large timber dining table, admittedly not the best plan of action, for we now had to find a house to fit the furniture. At each house inspection the dining room was mentally measured and the question in mind was, 'will the dining table fit?'

Near Terrey Hills is a location called Kimbriki, which is also the location of the Warringhah rubbish tip. Near Wingham is a locality called Kimbriki (from the Aboriginal Kimbrikithe, meaning 'the reeds growing in the little creek near the flats'). It was here we found our piece of paradise, a modest house with a country-style kitchen in which was a SLOW COMBUSTION FUEL STOVE and, while this was not the most important item on our agenda, it was considered a bonus. An added advantage was the electric stove and an instant electric water heater for summer use.

Our slow combustion is a Crown with a lovely emblem on the front door that Mrs Bucket (Bouquet) would be proud of. It is an attractive looking white stove with fire box and ash box, main oven and warming oven. The stove is of unknown vintage, since it would have been purchased second-hand to put in the house when it was built, circa 1979. Actually, using the stove became something of a nightmare. Fire alarm had to be removed, house was continually full of smoke, so much so that curtains absorbed smoke and discoloured. Paintwork, especially the kitchen ceiling, became a dark shade of fawn. I can understand how the black houses in the UK got to be so named. Unfortunately, no one had ever heard of a Crown and so no one could help us with our continuing problem of smoke and how to get the fire going without getting smoked out. Husband painted the kitchen and was considering doing the ceiling in black. With winter fast approaching we knew we had to so something to repair the flue. Previous owners had puttied the gaps, which had now dried out and was actually falling out, leaving a cavity between the two cast iron sections of the base of the flue. We looked for solutions and asked everyone who came to the house. Friends recently arrived from the Blue Mountains seemed most likely candidates. Friend said he would take a look; which he did, from every angle, then asked for an old screwdriver and started chipping away until the front section fell away and he was able to closely examine it. Turned out our friend once worked at repairing fuel stoves, but gave the job away after seeing the terrible things people did with their stoves. He felt he could be liable if something awful happened and was not prepared to take the risk of trying to repair other people's bad workmanship. Friend advised us to take cast iron section to an engineer to repair the crack and drill out bolt holes. We have a local engineer in the nearby town of Tinonee and he did a beautiful job for us.

Prior to our friend turning up on the scene I had searched through my GR magazines feeling quite sure I had seen something about the repair of fuel stoves. My search was in vain. Later, when searching for something else, I came across Feb/March 2001. Glancing at the cover, what do I see but 'Wood Stove Repair'. Reading through this item, I decided I had to write and tell our story of our slow combustion fuel stove.

With the cast iron front section of the flue base now repaired, the next step was to fit it to the back section and hope that the two sections would fit together as they should. The fit was perfect, and with one bolt to secure it, plus stove putty for an airtight seal, our stove is now working the way a slow combustion stove should work. It is hard to believe that it took all this time to discover the problem. Lighting the stove is now a joy. It lights quickly, with usually just a hint of smoke, and heats quickly. It is amazing just how much better the stove works now it has been fitted together the way it was supposed to be.

Our fire bricks seem to be in fairly good condition and the grating is in good condition, so I hope we don't have the problems of your correspondent, Jim McCarter of Tasmania, however, in the event that we need his help I shall certainly keep that copy of GR where I can find it!

Glenda M Smith, 'Millewah', 331 Kimbriki Rd, KIMBRIKI 2429.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

Howdy Grass Roots,

I am a LONG-TERM CFS SUFFERER. Anybody know of a sure-fire cure I haven't come across as yet? Secondly, would any kind reader know of a simple economical way I could have a crack at EXTRACTING OIL FROM LAVENDER? If I can get the basics on how to go about it then I can look further. I imagine temperature could be experimented with. Also a good idea would be to use stainless steel for a clean sample. In the past I concocted a still and made a tea tree brew to clean up ticks and stickfast fleas. But flowers, now that's a different kettle of fish. If someone could drop me a line I would appreciate it. Thanks GR for putting a bit of life back into Australia.

Tom Hodges, WOODSTOCK 4816.

Dear GR.

I often read GR and smile when readers say they grow RARE FRUITS. If anyone has scups (muscadines), I'd really be interested to hear from them. Scuppernongs are a golfball-sized grape, often seedless, they'll pop out of their skin. One variety tastes like canned pineapple. Delicious! Another worthwhile plant is coyo avocado. It tastes like coconut; and the giant purple avocado (we're talking melon sized) is a good plant to grow.

Rare fruits (as opposed to 'less common') are: borojoa, cacao, plum yew, supersweet acid-free oranges, red-yellow-orange kiwis, copihue, zabala fruit and marula fruit/nut. When out walking I often like to take along a snack of fruit or dates. I always plant the pits and seeds along the way. I get a real kick later when I return and see the seedlings grow. I have a limited amount of holboelia seed (metallic blue pods and sweet white pulp); the plant is a show stopper if anyone is interested.

The many readers with ant problems might like to experiment with an aspartame product for their control.

Joe T,

PO Box 501, ROCKINGHAM CITY 6168. Email: josef100@hotmail.com

Dear Megg, Mary et al,

Thanks for a really useful, wholesome magazine. I'm glad you could use my chook article (GR145). Please could I have my 'h' back for the next one – Sherrian!

Our current batch of ex-intensives were really flighty to start with. You'd have thought we were approaching with an axe, not hot mash! They've settled a bit, just cluster at a distance instead of frantically squawking and flapping! I've had to buy eggs (and carrots) – yuck! Still, there was one egg last week and the peas and celery are surviving my TLC.

Our planned decamp to Tassie is almost within sight. One more fact-finding trip in Sept/Oct, then serious sorting of accumulated clutter. We had some very useful advice in response to a Feedback letter. Tried to reply to all, but have a nagging suspicion we missed someone. If you've room perhaps you could print a 'thank you' from us.

Sherrian & Brian O'Connor, 86 Watts St, BOX HILL 3129.

Dear Grass Roots,

I'm sitting on my sunny verandah with a cup of tea. It's so nice to SIT AND RELAX for awhile. Everyone is too busy these days. They don't have time for relationships or relaxation. I'm making a conscious effort to avoid the dreaded stress that most people suffer from. We're just trying to do too much. The irony is, when I take time out just to enjoy life I can actually get more done in a day. So I invite you to: phone a friend, or better yet, visit them; go for a walk, not power walking, but taking time to hear the birds, smell the flowers, find something to smile at; have a bubble bath, with optional soft lights, soft music, a good book. Life is for living, so enjoy it!

Ruth Robertson, 5 Henderson St, OUYEN 3490.

Dear Grass Roots,

My partner and I are passionate readers of GR. For several years we have been planning to move from the 'Big Smoke' to a property in the country, however, because of different circumstances we were not able to make this dream come true for a few years. GR has basically kept the dream alive all this while, and we are very excited at the moment because we are actually in the process of moving to a 15-acre property near Brisbane. In our new home we will be relying on solar and wind power, using gas for cooking and a small combustion stove if necessary (we are not very keen on using fossil fuel and polluting the air). We are planning to change our full-time jobs for part-time ones, grow organic vegies and fruit for our own use, have some chickens and, if all goes well, get into alpaca breeding.

As great as all this sounds, we are VERY INEXPERIENCED (and a bit nervous, I admit) and do need all the advice we can get. Which brings me to this letter. Firstly, our main concern is the GREYWATER which we will be using in our garden. As we won't have time to mix our own liquid soaps, shampoos or detergents, we would like to find out if there are any commercial brands available in the supermarket that are safe to use and won't harm our plants? Are there any better than others? What do we have to look out for? What should we definitely stay away from?

Secondly, do any readers have any comments or experience regarding **BREEDING ALPACAS**? We have read up on the basics, but we are not quite sure on how many alpacas one can keep to an acre. Are there GR readers who would like to share their success (or lack of) stories with us?

And last, one of our future projects is to build a **COBB OVEN** in the back garden, but we are not quite sure how to go about it. Would any readers have instructions or tips for a novice on how to build a functional cobb oven?

We appreciate the time and trouble of any person willing to give us advice on any of the above topics, or life on a property in general. We will be grateful for any comments we receive. Thank you so much in advance. We are looking forward to enjoying reading many more GR issues in the future.

> Paul & Karin, PO Box 189, BULIMBA 4171.

Dear Mary,

The response to our article on DORPER SHEEP (GR145) has been truly amazing, with letters, phone calls and emails from all over the country. Clearly the attributes and benefits of Dorpers have struck a chord with many readers and we would

like to thank you for allowing us to introduce them to the truly remarkable Dorper. It is a credit to your magazine that it is so widely read – keep up the good work.

Ivan A Wilks, Springvale Dorpers, Illawarra Hwy, SUTTON FOREST 6575.

Dear Grass Roots.

Our family is about to set off on a TRIP AROUND AUSTRALIA, or wherever the good Lord leads us. We will have a camper trailer and 4WD and will be heading up north in August. We would like WORK ON THE WAY. My husband is a qualified carpenter with many years building experience. We would like work on properties that are perhaps off the beaten track. I have years of experience with horses and stock, eg milking goats. Our two children are three and six years old and are well behaved.

Andrea & Geoff Daigleish, C/- Coochiemudio Island PO, BRISBANE 4184. Ph: 0402-450-611.

Dear GR & Readers,

Upon reading last issue's (GR145) Feedback pages, I was a little concerned about a letter from J Winter on ALLERGIES AND FOOD SENSITIVITIES. The letter claims these problems are principally caused by salicylates, amines and MSG. I believe this to be misleading. Yes, these three chemicals (naturally occurring in foods, but also added to processed foods, especially MSG) can be problematic for some.

Some years ago, I went to a doctor (allergist) who followed the same philosophy as J Winter. Based on this, I failed the salicylate food challenge (stewed Granny Smith apples). I was subsequently advised not to eat salicylate-containing foods. The diet I was advised to eat (and followed religiously) did not help me. I have since learned that, while I do not tolerate Granny Smith apples, I can eat any other sort of apple and generally salicylates do not bother me.

These three chemicals are not the only things in foods. People can be reactive to any constituent, even nutrients. Many foods contain substances that inhibit the activity of enzymes. Our bodies need enzymes (of which there are thousands) for every metabolic function. Only a tiny percentage of these enzymes are responsible for the metabolism of food we ingest.

My intention is not to rain on anyone's parade, just to share what I have learned. I'm happy to share in more detail if anyone wishes to write. The best general book I've come across is *The Complete Guide to Food Allergy and Intolerance*, by Dr Jonathan Brostoff and Linda Gamlin.

Mirian Baxt, 1 Carlyon St, ORMOND 3204.

See Recent Releases for details of Linda Gamlin's latest book, 'The Allergy Bible'.

Dear GR family,

Our diet has changed dramatically in the past 30 – 40 years. Every day we're hearing and learning more about chemical intolerances/allergies, and we GR folk are living and acting accordingly. We're all aware of food additives, colours, and preservatives reacting in some people, but how much do we know about NAT-URAL FOOD CHEMICALS?

Our homegrown/orga for fruit and vegetables contain salicylates (aspirin family), amines and natural MSG. Like all chemicals, they can and do cause adverse reactions that are far from healthy. Side effects may result in behaviour problems, learning difficulties, sleep disturbance, digestive and bowel problems, eczema, migraines, asthma and even epilepsy. These conditions are not all directly caused by food sensitivities, but natural food chemicals may increase their severity.

It makes sense to avoid the chemicals which we react to, but how can we find out more? I have a 16-month-old son with asthma attacks triggered by certain foods. I welcome your letters, but for answers I urge you to read Sue Dengate's book Fed Up. It is sure to open your eyes/minds, and change your lives for the better. She is also the author of Different Kids – Growing up with Attention Deficit Disorder. See her website at www.ozemail.com.au/~sdengate

We are what we eat, so please take care and be aware.

8 Jones Ave, ARMIDALE 2350.

Grass Roots,

A friend showed me your issue with a letter from J Winter (June/July 2001, GR145). I also have this book, which is wonderful, but to gain the most from it I have used it in conjunction with the following books: Fed Up, by Sue Dengate, and, to a lesser degree Different Kids, by Sue Dengate. Reading Fed Up clarifies a lot of the what/whys of removing these chemicals from our diet. My family and I have been following it now for over three years.

Colleen Gibsone, PO Box 167, HOWARD SPRINGS 0835.

Dear GR,

Just dropping a line to say thanks to everyone who replied to my letter about breast-feeding (GR144), particularly those I have yet to reply to. All the letters I received were very supportive. It was really interesting to hear from people in the same situation. I have had some trouble replying as our lives have taken on a kind of overdrive. We recently found land we really like and now need to finish our house painting and sell our house. Our house at the moment is lacking in size for our growing family and menagerie.

Answering Zoe about CAST IRON KETTLES: My mother has used a variety of cast iron kettles on her fuel stove for over 15 years. She actually has a collection and in winter you might find two or three bubbling away on her stove. The only problem encountered with rust is if you leave water in your kettle without using it for a long time (like a few weeks holiday); otherwise, if used all the time, the kettles don't rust. An old wives' tale is to put a clean marble in the bottom to keep the kettle rust free. They can be pretty expensive in antique shops or auctions, usually they are missing the matching lids and have painted aluminium ones instead.

My son Samuel, is nearly a year old, he is breast-fed and eats some solids. He is intolerant of any dairy products, and I have been advised to try dairy on him at an older age, like two years. But my problem is finding a variety of foods to feed him, as I dislike feeding tinned baby food, preferring fresh. I was wondering if anyone has the same problem and can send some nondairy recipes for Samuel to try.

I also wanted to say hello to Basil Montford. I meant to write when your article was in GR last year. My maiden name is Montford; my grandfather and grandmother are Clive and Kath Montford of Woollgoolga. They were surprised and pleased with your article when I sent the GR issue for them to read.

Emma Timoshenko, 48 Mary St, DUNGOG 2420.

To All The Crew,

We just received the latest mag. This is our first subscription process to any magazine. I have been looking forward to its arrival. That it arrived so soon was a nice surprise. I tried out the soya milk recipe with great success. I was surprised just how simple it really is. I will now try making the tofu. This seems a little more complicated, but I'll let you know how it turns out.

Darren White, 32 Forsyth St, FAIRFIELD 4103.

Dear GR Readers.

We enjoy the magazine immensely and hope a fellow reader might be able to tell us how to make **PERFUMED LAMP OIL**. We have tried plain lamp oil (not kerosene) and drops of essential oil, to no avail. Any suggestions would be appreciated.

Bruce & Anne, 'Hopevale', Jimna Rd, KILCOY 4515.

Hi Mary & Megg,

Request for sugar beet seeds: These are available from New Gippsland Seed Farm at PO Box 1, Silvan, Victoria – for Kaylene Cotish, Tasmania.

Aldara is available from vets or stock agents

- a request by Paulette Chardon,

Queensland.

There was a request about cast iron kettles. To keep kettles used on wood-fired stoves working correctly, they must be kept clean of soot as it acts as a nonconductor of heat. The right time to clean any utensil made of iron or tin is when it is hot. They can be rubbed clean

while hot in half the time they would take to clean if cold.

Colin Law, Unit 18/3 Casey Crt, WANTIRNA 3152.

Each year in the October/November issue we print an index to the previous six issues to help readers access information in past issues. If you have missed out on any information contained in this index, back copies are available for \$4.40 each.

See details of how to order on page 82.

KEY

- - article (quarter page or more)
- 4 reference (referred to in eco news, livestock page, round the marketplace)
- * feedback
- O book

AAAAA agriculture

apples from the garden of Eden 144:6-8 • beef cattle: answers 141:19-20 • breeding small cattle 144:17-18 • cashing in on manure 146:63-64 • dairy farm, life on 143:55-56 • Dorper sheep 145:61-62 • farming sustainability 142:36 • fencing with a forked stick 143:25-26 • flood damage control 145:68-69 • mulch spreader 143:71 • native grasses, summer or box grass

143:62 •
native grasses, windmill grasses 141:52 •
pasture feed management on a small
farm 144:55-56 •

Pest-Away Australia 145:71 *
swales, demystifying 143:60-62 *,
144:53-54 *

aquaculture

Aquaculture Systems 141:69 +

ввввв

building

bushfire resistant design 143:9-10 • concrete cancer 141:59-60 • green building resources in the suburbs 146:12-15 •

earth building 141:29-30 • earth floors 142:46 •

Hedgehog Gutter Filter 144:69 *
home renovations for the older person
141:23-24 *

mudbrick, creative projects 145:65-66 • mudbricks, hints 144:63-64 • stone pillars & gateways 143:53 • straw bale at Weeping Grass Creek 142:13-15 •

underground houses 144:40 * window insulation, All Seasons 142:69 &

bushfires

bushfire resistant design 143:9-10 •

CCCCC

children

acne alleviation 143:26 •
Bath Monster 145:49 •
bunny socks 143:17 •
camping tips 142:12 •
catnip & asthma 141:62 +
children's recycled tyre swings 142:69 +
Discover the Gifts & Talents in your
Child 144:70 •

Dollar for a Dolphin 143:49
eczema in daughter 141:46 *
home schooling 141:28 Å, 146:9-10 ◆
I'm Sorry 144:49
keep diary for baby sibling 141:49
Kidz Stuff: The Ultimate Directory for Parents & Carers of Kidz 145:70
milk products & childhood constipation 141:62
#

natural baby care products 146:29-30 • nutrition by stealth 143:19-20 • origami whale 143:49 • Stories to Eat with a Blood Plum 142:70 © The Toxic Playground 145:38 © tofu for tots 145:48 • travelling round Australia with children

145:46 * vegetarian food for kids 144:47-48 *

waistcoat vests 145:27 ◆
What your Horse Needs 144:70 ⊙

Christmas

Christmas angel 142:29 •
Christmas favourites 142:50 •
family Christmas 142:22 •
friends near & far 142:9 •
Grass Roots Christmas 142:61 •
mountain-top Christmas 142:16 •
pudding, all seasons 141:51-52 •
the silver string 142:51-52 •

community groups

Eco-Villages & Communities in Australia & New Zealand 144:70 ⊙

craft/art

2001 Cross Stitch Designs 142:71 © bath bombs 141:63 • boomerang pillowcases 142:53-54 • boxes, gift 142:19-21 • bunny socks 143:17 • career in craft 144:61-62 • Christmas angel 142:29 •

decorative wreath 143:33-34 • practical creativity with wool scraps 146:22 •

rag slippers, easy 146:41 •
saving our socks 145:25 •
shredded paper 146:31 •
stationery set 141:15-16 •
sweet herbal repellents 141:9 •
wind chimes 144:9-11 •
woollen winter warmth from old electric

woollen winter warmth from old electric blankets 145:15 •

EEEEE

environment

arsenic decontamination 145:36 + Australian Key Guide series 141:70 @ Australian Rainforests 145:70 @ bilby fencing 145:36 4 biodiesel 145:9-10 • bridal creeper control 143:36 + bush heritage 144:36 +, 146:36 + cane toads in Kakadu 145:36 4 Classic Walks of Australia 144:70 © cleaner fuels 144:36 + couch & buffalo grass 141:39 * Dollar for a Dolphin 143:49 ethanol-fuelled buses 146:36 + equine manure, managing 145:63 • farming option 143:67-68 • farming sustainability 142:36 4 frog-friendly farming 146:18 • Green Guide: Frogs of Australia 146:72 ⊙ GM crops, banned in Tassie 144:36 + greenhouse gas, household 146:36 + herbicide alternative 142:36 + honeybee hive treatment 144:44 * houseplants for cleaner air 141:16 • hydrogen car of the future 141:34 + Insects of Australia 145:70 ⊙ insulation, Insulforte 145:71 + Just Tell them I Survived: Women in Antarctica 146:72 @

laundry ball Super Charged Eco-Ball

Life in the Tall Eucalypt Forests 142:71 ⊙ lizards 142:60 ◆ minimising vehicle impacts 145:36 ♣ Murray River salt interceptors 143:36 ♣ Native Bees of the Sydney Region

144:70 ⊙
native grasses, summer or box grass
143:62 ◆

native grasses, windmill grasses 141:52 •

NSW vegetation & clearing 143:36 + pesticide use 141:34 + pollution changing rainfall? 145:36 + rehabilitating streams 142:66 • safe grasshopper & locust control 145:36 +

salinity, Murray Darling 142:36 + state of NSW environment 146:36 + The Toxic Playground 145:38 ⊙ Top End wildlife 142:36 + water supplies threatened 145:36 +

ecotourism

Classic Walks of Australia 144:70 ⊙ Eco-Villages & Communities in Australia & New Zealand 144:70 ⊙

esotericism

Dream Decoder: reveal your unconscious desires 143:72 ⊙

GGGGG

garden and farm

beans 143:14 •
cabbages 144:24 •
cape gooseberry 145:51 •
Chinese marcottage 143:63-64 •
choko, growing & using 141:64 •
city self-sufficiency 146:69-70 •
Colourful Water-Wise Gardening

Companion Planting in Australia 142:70 ⊙

Condy's crystals 145:34 • conservators 143:11 • couch & buffalo grass 141:39 * desire for independence 146:6-8 • earth building 141:29-30 •

compost heap starter 144:66 •

Ecoscreen Decorative Plastic Lattice 146:71 +

exotic fruit quest 141:21 •
farming sustainability 142:36 \$\frac{1}{2}\$ frog-friendly farming 146:18 •
frost, tips to foil 146:28 •
garden seat & table 141:55-56 •
giant carrot challenge 141:27 •
grape marc in the garden 143:65 •
herbs, Anita's 145:21-22 •
herbs, arid country 146:55-56 •
home orchard, selecting suitable spe

home orchard, selecting suitable species 145:29-30 •

inadvertent agriculture 143:18 •
invaluable gardening experience
142:23-24 •

irrigation, backyard 142:33-34 • kikuyu, living with 141:24 • kikuyu to early tomatoes 141:31 • lavender 142:56 • lisyanthus 141:37 * Maine Wire Products 143:71 &

manure heap 141:37 *

native grasses, summer or box grass 143:62 •

native grasses, windmill grasses 141:52 • newspaper as mulch 142:67-68 • New Zealand native garden 145:16-18 • onion weed, nutrients in 145:42 * onion weed removal 141:46 *

pasture feed management on a small farm 144:55-56 ◆

pee or not to pee 144:12 •
permaculture, passionate about
143:6-7 •

pests and pestilence 141:10 •
Pest-Away Australia 145:71 +
pigs in need of preservation 141:13-14 •
plant identification training videos
143:71 +

pomegranate 144:19-20 •
problems? no, solutions! 141:25-26 •
rehabilitating streams 142:66 •
Roger's garden 144:27-28 •
rope splicing 146:47-48 •
sanity saving secret garden 146:62 •
seepage pit saga 142:47-48 •
shredded paper 146:31 •
slugs & snails 145:64 •
slugs & copper barriers 144:69 ÷
snail stopper, brown bag 144:29 •
spare this plant 143:24 •
strawberries, luscious low-labour

146:23-24 •
super duper u-beaut composter
145:57-59 •

swales, demystifying 143:60-62 •, 144:53-54 •

taro 142:31-32 •

The Cook's Garden 143:72 ⊙

The Natural Pharmacy in your Garden 146:72 ⊙

tomatoes, double your crop 143:8 • winter garden 145:8 •

worms, mystery & mystique 141:18 •

ннннн

handy hints

burn remedies 141:40 *
CFS & amaranth 142:41 *
fridge cleaner 141:16 +
molasses foliar spray 141:28 +
Pest Free for rats & mice 142:39 *
washing rinse 141:32 +

zinc & coal tar ointment for eczma 142:39 *

health

50 Ways to a Healthy Heart 146:72 ⊙
A Primitive Diet 146:72 ⊙
acne alleviation 143:26 ◆
adult ADHD 146:33-34 ◆
allergies & food sensitivities 145:45 *
animal diseases affecting humans
143:27-28 ◆

asthma & Buteyko method 143:43 * asthma, complementary therapies 142:17-18 •

arthritis remedies 142:26 •
banana skin care 145:54 •
burn remedies 141:40 *
catnip & asthma 141:62 &
CFS & amaranth 142:41 *
comfrey skin care 144:30 •
CPR kit 142:69 &
eczema in daughter 141:46 *
Fruit & Vegetables as Medicine 141:70 ©
grandmother's remedies 143:15-16 •
headache relief 143:39 *

home brewing 155:25 •
home renovations for the older person
141:23-24 •

homoeopathic remedy for women 142:69 +

natural baby care products 146:29-30 • nutrition by stealth 143:19-20 • Olbas Oil & pain relief 143:39 * onion weed, nutrients in 145:42 *

oranges, skin care 146:48 • Oz Organics range 141:69 •

Perfect Potions aromatherapy 146:71 & pesticide use 141:34 &

rheumatism liniment 141:40 * salt & osteoporosis 141:62 + shingles relief 143:40 *

Skin Saver Remedies 142:70 ⊙ smells & health 141:62 ♣

Soy for Health Cookbook 144:70 ⊙ St John's wort 141:62 +

Take Control of your Health & Escape the Sickness Industry 143:72 ⊙

Teach Yourself Bach Flower Remedies 142:71 ⊙

The Book of Magnet Healing 145:70 ⊙ The Chemical Maze 146:72 ⊙

The Natural Pharmacy in your Garden 146:72 ⊙

The Toxic Playground 145:38 ⊙
tooth care 144:23 ◆
Vaccination 141:70 ⊙
vegetarian food for kids 144:47-48 ◆
vitamin C & heart disease 141:62 ÷
zinc & coal tar ointment for eczma
142:39 *

herbs

Anita's herbs 145:21-22 ◆
arid country herbs 146:55-56 ◆
catnip & asthma 141:62 ♣
comfrey 144:30 ◆
dill 142:21 ◆
herbs for the herd 141:53-54 ◆
lavender 142:56 ◆
St John's wort 141:62 ♣
sweet herbal repellents 141:9 ◆
The Natural Pharmacy in your Garden
146:72 ⊙

KKKKK

kitchen craft/household

bath bombs 141:63 *
bottle capper 141:57-58 *
bricks 146:65 *
cabbages 144:24 *
Candle Sand 145:71 *
cheese making 141:65-66 *
city self-sufficiency 146:69-70 *
dyes & dyeing 143:64 *
gas fridge tips 143:30 *
gas fridges 145:39 *
ginger beer, nonexploding 142:62 *,
145:66 *

kangaroo leather walking shoes 145:71 ♣ kitchen capers 144:20 ◆

laundry ball Super Charged Eco-Ball 141:69 +

jerry can, cheap 144:52 *
macadamia cracker, electric 146:53 *
manual food processor 142:69 *
Master Plunger 144:69 *
natural baby care products 146:29-30 *
olive oil extraction 142:38/43 *
olive preservation 144:50 *
onion weed, nutrients in 145:42 *
oranges, skin care 146:48 *
Organik Nature Farm chips & wedges

144:69 ÷
Peakfresh Produce Bags 146:71 ÷
Pellet Fires 146:71 ÷

preserving chillies & tomatoes 145:40 * preserving eggs 146:61 * rebuilding a combustion stove firebox 143:57-59 *

reducing living costs 143:42 * save money on food 143:37 *

spices 146:66 •
Strobe Alarm 143:71 •
shortages, coping with 143:69-70 •
soups, hearty & warming 144:51 •
soya milk, making 145:55-56 •
take a break, household economy
144:33-34 •

4:33-34 •

The Chemical Maze 146:72 ©

The Magic of Olive Oil 146:72 ©

tofu, making 146:51-52 •

tooth care 144:23 •

walk-in wardrobe 145:31-32 •

wood heaters, operating tips 146:58 •

LLLLL lifestyle

So Ways to a Healthy Heart 146:72 ©

A Long Way from Silver Creek 142:71 ©
bush mailboxes 145:52 •
career in craft 144:61-62 •
desire for independence 146:6-8 •
down in the dumps 145:47 •
fencing with a forked stick 143:25-26 •
guide for decision making 145:33 •
happiness is where you find it 144:62 •
Help Yourself series 141:70 ©

home renovations for the older person 141:23-24 •

house minding 145:11-12 •
inspiration story 141:6-8 •
Kakadu dreaming 142:11-12 •
keeping the dream alive 143:13-14 •
Kidz Stuff: The Ultimate Directory for

Parents & Carers of Kidz 145:70 ⊙
making it work together 143:21-23 ◆
Many Peaks 146:19-20 ◆
mountain paradise 144:31-32 ◆
moving to the country 144:13-14 ◆
nutting it out, life in walnut grove

Oz Organics range 141:69 *
poultry paradise & wild duck haven
144:21-23 *

Shift Happens 142:71
take a break, saving for holiday 144:33-34 ◆

The Law Handbook 143:72 ⊙ voyage of discovery 145:6-7 ◆ why we love the bush 146:27 ◆ with a smile on my face 145:24 ◆

livestock

animal diseases affecting humans 143:27-28 •

beef cattle, answers 141:19-20 • breeding small cattle 144:17-18 • calving paralysis 141:39 * cashing in on manure 146:63-64 • cheese making 141:65-66 •
equine manure, managing 145:63 •
dairy farm, life on 143:55-56 •
Dorper sheep 145:61-62 •
flood damage control on farms 145:68-

heavy horse safety 142:57-59 •
herbs for the herd 141:53-54 •
introduction to pigs 143:31-32 •
end of the line 146:57-58 •
feeding 145:53 •
housing 144:57-58 •
keeping sheep 145:35 ÷
Maremmas 145:23-24 •, 146:45 *
mouth sores on lambs 145:35 ÷
pasture feed management on a small farm 144:55-56 •
pigs in need of preservation 141:13-14 •

pigs in need of preservation 141:13-14 ◆ raising cows 146:67-68 ◆ self-sufficiency with milk 142:63-64 ◆ What your Horse Needs 144:70 ⊙

MMMMM

motor vehicles

biodiesel 145:9-10 •
cleaner fuels 144:36 +
diesel engine/generator 144:59-60 •
ethanol-fuelled buses 146:36 +
from A to B in NT 144:16 •
hydrogen car of the future 141:34 +
minimising vehicle impacts 145:36 +

PPPPP pests

ant control 143:34 • bird netting 142:23 • codling moth 144:8 • cane toads in Kakadu 145:36 + Condy's crystals 145:34 • couch & buffalo grass 141:39 * earwig elimination 141:48 • environmental weeds 141:34 + flea control 144:15 • flies attack dog's ears 143:35 + mouse catcher in poultry shed 145:20 • hawk attacks 146:35 + herbicide alternative 142:36 + honeybee hive treatment 144:44 * kikuyu, living with 141:24 • mosquito fish 141:37 + onion weed removal 141:46 * Pest-Away Australia 145:71 + Pest Free for rats & mice 142:39 * pests & pestilence 141:10 • possums & quassia spray 142:35 + safe grasshopper & locust control 145:36 +

slugs & snails 145:64 •

slug & snail copper barriers 144:69 + snail stopper, brown bag 144:29 • sweet herbal repellents 141:9 • trapdoor mousetrap 145:71 4-

pets

canine worm eggs 145:35 + Cats 142:71 ⊙ flies attack dog's ears 143:35 + Holidaying with Dogs 145:70 ⊙ Maremmas 45:23-24 *, 146:45 * skin allergies & omega 3 fish oils 143:35 + The Dog Book 143:72 ⊙

poultry

commercial quail 143:35 + distressed Lohmans 141:35 + egg bound chicken 141:35 + happy chooks lay many eggs 145:20 • hawk attacks 146:35 4 in memory of miss clucky 142:27-28 • iodine for chooks 146:35 4 Lohman pullets 142:35 + moulting chooks 145:35 4 poultry mash 143:35 4 poultry paradise & wild duck haven 144:21-23 + raising chickens 146:25-26 •

sneezing hens 144:35 ₽ very free-ranging chooks 146:70 • washing machine chicken house 146:26 • watching the chooks 145:19-20 •

power alternatives

biodiesel 145:9-10 • cleaner fuels 144:36 4≤ ethanol-fuelled buses 146:36 + diesel engine/generator 144:59-60 + gas fridge tips 143:30 • gas fridges 145:39 * hydrogen car of the future 141:34 + improve your radio reception 144:67-68 • Insulforte insulation 145:71 + Pellet Fires 146:71 + renewable energy development 144:36 + rethinking firewood 146:59-60 • Solar Panel Xpress 141:69 4 solar, my way 142:25 •

RRRRR

recipes/food

A Primitive Diet 146:72 ⊙ bananas 143:50 • basic bread 146:11 • cakes & biscuits 141:50 • cauliflower meals & snacks 145:50 • chilli sauce 143:16 • choko 141:64 +

Christmas recipe favourites 142:50 • goats' cheese 141:39 * Italian Rice Dishes 143:72 @ Living Lite 145:70 ⊙ nut milk 144:41 * one-pot meals 146:50 • olive preservation 144:50 • pudding, all seasons 141:51-52 • scrumptious solanacea 143:51-52 • soups, hearty & warming 144:51 • soya milk, making 145:55-56 • Soy for Health Cookbook 144:70 ⊙ The Cook's Garden . . . from the garden to the table 143:72 @

The Anger of Aubergines: Stories of women and food 142:70 ⊙ tofu for tots 145:48 • tofu, making 146:51-52 •

tomato puree 143:52 •

recycling

amazing machines 142:55 • biodiesel 145:9-10 • Bower Reuse & Repair Centre 145:13-14 • bricks 146:65 • cashing in on manure 146:63-64 • compost heap starter 144:66 • creative mudbrick projects 145:65-66 • easy rag slippers 146:41 • Ecoscreen Decorative Plastic Lattice garden seat & table 141:55-56 •

grape marc in the garden 143:65 • manure heap 141:37 * mudbrick, creative projects 145:65-66 • mudbricks, hints 144:63-64 • newspaper as mulch 142:67-68 • pee or not to pee 144:12 • plastics & reducing dam evaporation 144:40 * practical creativity with wool scraps

146:22 •

recycling runs riot

ballpoint pens 145:69 • fence palings 141:22 •

potato bags 144:65 •

shop windows 142:65 •

swap meets & car parts 143:12 •

water heaters 146:54 •

saving our socks 145:25 +

seepage pit saga 142:47-48 •

shredded paper 146:31 •

sock it to me 145:26 •

the deck 141:11-12 •

washing machine chicken house 146:26 •

woollen winter warmth from old electric blankets 145:15 +

small business

Anita's herbs 145:21-22 • apples from the garden of Eden 144:6-8 • Aquaculture Systems 141:69 + Bower Reuse & Repair Centre 145:13-14 • desire for independence 146:6-8 • permaculture, passionate about 143:6-7 • pigs in need of preservation 141:13-14 • Solar Tunnel Dryer 143:71 + mulch spreader 143:71 +

wwwww

water

backyard irrigation 142:33-34 • flood damage control 145:68-69 • Great Artesian Basin 143:36 + Hedgehog Gutter Filter 144:69 4 jerry can, cheap 144:52 • pollution changing rainfall? 145:36 + tree watering method 142:23-24 • Master Plunger 144:69 + Murray River salt interceptors 143:36 + Plastank Water Tank Accessories 141:69 + Pulsating Drain Unblocker 141:69 + rehabilitating streams 142:66 • salinity, Murray Darling 142:36 + toilet, dual-flush DIY 145:40 * water supplies threatened 145:36 + ways with water 143:29-30 • windmills, pumps & systems 146:38 *

wildlife

Australian Key Guide series 141:70 ⊙ bilby fencing 145:36 + bush heritage news 144:36 R, 146:36 & dunnarts rediscovered 143:36 + environmental weeds 141:34 4 frog-friendly farming 146:18 • Green Guide: Frogs of Australia 146:72 O hawk attacks 146:35 + koala habitats 141:34 4 little survivors, rufous whistler 145:67 + lizards 142:60 • pesticide use 141:34 + predator-proof nest box 141:33 • propagating hercules moth 141:32 • saving our heritage, friends groups

snakes & ladders 145:28 *

Top End wildlife 142:36 +

fence palings, recycling 141:22 • firewood, rethinking 146:59-60 • garden seat & table 141:55-56 • wood heaters, handy operating tips 146:58 +

Dear People,

To all those GR readers who seem to be searching for a piece of this planet to make into a haven – COUNTRY VICTORIA is still a great option and has a lot to offer. Over here in the Western District a small place can be bought for as little as \$12,000 (includes a cottage too). There are cottages on half-acres up to 100 acres, shops with dwellings, or land on its own – depending on your needs and your pocket of course. All are in, or not far from (20 minutes drive), very community-minded and friendly towns – some with no pokies and even without shopping centres!

We enjoy a climate that is very suitable for growing heaps of vegies all year round and most fruit trees. I believe there is an avocado growing in Naracoorte. We are 45 minutes from Hamilton or Mt Gambier and one hour from the sea. The scenery is gentle and beautiful, which is reflected in the people who live here. We have been here in this (very) little miners' cottage on two acres since February 2001. Our requirements were: no close neighbours (hence peace and quiet), fresh air and a soft rural environment – all good stuff, especially after living in a caravan park near the city.

Marie (Armidale, GR145): BANANA PASSIONFRUIT SEEDS are available from Phoenix Seeds who advertise in this magazine. They offer a magnificent range of seeds at only \$2 per

packet (mostly organic).

Bridie Manser (GR145), about GROWING CARROTS (to quote Michael J Roads from A Guide to Organic Gardening in Australia (1976)): 'There are a few pitfalls one can fall into growing carrots – they like well drained deep soil in a sunny position.' You must grow the correct carrots for the season and they mainly like a temperature of 25°C to germinate. Do not fertilise the soil, in fact, grow them in a bed which has previously grown heavy feeders such as caulies, cabbages, etc. Other possible causes could be ants eating the seeds (sow them with pepper to alleviate this), or slugs eating the young seed sprouts as they break through the ground. The only way I know to stop this is to sprinkle wood ash around the garden bed, possibly mixed with salt, and don't mulch until the carrots are a few inches high because slugs love mulch.

Michael Roads' book was published in 1976. It is the only guide I have ever needed for growing anything, but you'll probably have to search the op shops to find one. It's a small book, octavo in size, only 86 pages with a yellow cover and contains a wealth of knowledge.

Joan O'Brien, RMB 1133, Main Rd, SANDFORD 3312.

Dear Readers,

Just recently my husband and I purchased a cabin on 50 acres of mostly bush. The cabin is about eight years old, and the quarter-acre that has been cleared around the home (clay-based soil) has never been grassed or sown with anything before. We decided that we would like to sow on the ground some sort of herb, moss or grass which will not grow upwards, but spread to make a GOOD LAWN COVERING (something useful like herbal/edible or medicinal would be great!). Is there anyone out there that can help us with information on anything like this? Please write and let us know of what you may have used before or what is good and what is not so good.

Lyn Kenzie, 62 South Rd, PENGUIN 7316.

Lyn, a good book for you to look at is 'Lawn Care and Lawn Alternatives', by David Aldous, published by Lothian.

The efficacy and/or safety of advice on these pages cannot be guaranteed. Readers are urged to take all common-sense precautions before undertaking any procedures that could possibly cause a safety risk to themselves or others. When in doubt, consult an expert. #

Dear Grass Roots.

My husband and I are wanting to move to the NORTHERN NSW OR SOUTHERN QUEENSLAND HINTERLAND to fulfil our dream of a grassroots lifestyle.

Our main concern is finding suitable work in the area before buying our block. We would appreciate any help readers could offer regarding work opportunities in these areas. My husband has 15 years experience in the horticultural industry, with much to offer prospective employers.

We would also be grateful for any general information people could offer on life in specific areas of northern NSW and southern Oueensland because we can't decide on an exact location.

We just wish to live a quiet life being as self-sufficient as possible in an area where people care about each other and their surroundings. Any information would be much appreciated.

Sally & Paul Johnson, C/- Landscaping Staff, HAYMAN ISLAND 4801.

Dear Megg Miller,

Phillip Richards' story on **BIODIESEL** intrigued me. Can it be that simple? Has anyone else tried biodiesel with success? Can someone send information on making biodiesel and on distilling vegetable oil. Could sunflower oil be used? Or olive oil? Has one of your readers got the author and publishing details of *From Fryer to Fuel Tank* mentioned by Phillip? The questions are bubbling over inside my brain, I can see a biodiesel revolution coming on, if we can keep the oil companies out. No more price hikes at Easter and Christmas for me.

Tony Savage, LMB 1, JUNEE 2663.

'From the Fryer to the Fuel Tank' is written by Joshua Tickell and was published in Sarasota, Florida 1999, by Green Peach Publications. We have been told it is available from 'Renew' magazine.

Hello Grass Roots Readers,

I am desperately trying to find out how to CLEAN AND STER-ILISE CLOTH NAPPIES without using harsh chemicals. I have one child in nappies and am due again in August. I am sick of using chemicals and will be moving in mid July to our new home with no greywater treatment. (Yes, we have taken the plunge and have bought 20 acres with only electricity as a service!) I would appreciate any help with my nappy cleaning problems – I am sure there is a very simple and old-fashioned solution to be had!

Joanne Dobson, 210 Goldmans Rd, PANTON HILL 3759. Email: aussie.angler@bigpond.com.au

Dear Megg & Mary,

Just a quick note with my renewal. The articles on **BATTERY HENS** (GR145) brought back memories. When my husband was alive and the children still at school, we would adopt a couple of battery hens each year. These, along with the kids' Pekin bantams, kept us in eggs. It was an education to watch the 'girls' as they discovered they could walk, and scratch and partake of dust baths. Thank you for a fantastic magazine.

Marg Linahan, 306 Windermere St. BALLARAT 3350.

Dear Readers,

Is there anyone who has any USED STAMPS or any CARDS OF ANY KIND? I am a 78-year-old man and would like to collect these as a hobby because I find it hard to work in the garden now.

Fred Michel,

100 Lascelles St, BRIGHTON 4017.

Dear Friends,

Does anyone know, or can they tell me, how to **DYE RED HIDE**? Where can I get seeds of *Atemesia annua* or sweet Annie?

Joan Stiller.

MS 24, GLADSTONE 4680.

Dear Grass Roots,

Hi to Tracy Brown and her mum. Sorry I never got back to you, and to everyone else that has written to me. I have somehow lost a file of letters. I've only just found this HAIR REMOVAL RECIPE (Tracy), and so I'll share it with everyone. Hope you or your mum are still getting GR.

1 cup sugar

1/4 cup water

juice of 1/2 a lemon

Combine sugar and water in a saucepan, boil over medium heat until mixture just begins to thicken. Squeeze in the juice of half a lemon (this keeps the mixture from caramelising). Cook some more until mixture is thick like taffy. Let cool to room temperature. Start kneading with your hands like taffy. Smooth on skin, let set for a minute and pull off. Hair will come with it. This formula doesn't open pores, so you don't get ingrown hair, just soft-as-velvet skin.

Liz Bishop, 'Lappa', C/- Post Office, DIMBULAH 4872.

Dear Kerrie & GR Readers,

Re your query in GR145 Feedback about SOLAR COOKER RECIPES. You can cook just about anything in a solar cooker, it just takes longer, something like cooking in a crockpot. You should also reduce the amount of water if cooking stews or vegies, as very little evaporates during cooking.

A cooker made with a wheelbarrow is not the most efficient solar cooker in the world, as it's not insulated. I've made myself an insulated box cooker, which gets to temperatures of 110° C (winter) – 130° C (summer) and cooks a cake in a couple of hours, rice in an hour or so, and a bean casserole in about four hours. You should get an oven thermometer and put it in your oven and check the temperature after one to two hours, before deciding how ambitious to be. What you can't cook in this type of solar oven is bread and pizza and things that need very high temperatures.

You can get lots more info on solar cooking from the following resources: Solar Cooking Interest Groups – they have a newsletter that comes out about four times a year for an annual subscription of about \$6 or \$7. Write or email Sunny Miller, 23 Morley St, Maddington 6109, fax; 08-9459-3606. Email: d_miller@central. murdoch.edu.au; or Scient Cookers International, 1919 21st Street, #101, Sacramento, CA 95814, USA. Email: sci@igc.org, website: http://solarcooking.org. The SCI website is great – heaps of recipes, designs for various types of solar cookers, and lots of scientific studies on the most efficient ways to do things, different applications of solar heating technology etc.

Good luck with your wheelbarrows.

Barb Ford, PO Box 515, WYNNUM 4178. Email: b.ford@uq.net.au

Door Cross Poots

My long-range vision seems to be losing its clarity. However, if I roll my eyes left and right and up and down, there is a marked temporary improvement. Does anyone know of any EXERCISES THAT ARE DESIGNED TO IMPROVE VISION?

Doug Spence, PO Box 32, BULLFINCH 6484.

Health tips are printed for readers' information and interest. Grass Roots staff, and most Feedback writers, are not qualified to offer specific advice for the treatment of serious medical conditions. Readers are urged to always consult a qualified practitioner of the desired modality.

Dear GR.

I have to LEAVE MY HOME IN THE BUSH, now that I finally am to get a marriage settlement. I am moving to a conventional house in semi-suburbia. No more anxiously watching the clouds, wondering if there will be any solar power, or will I have to run the generator to do the washing, or can the washing be put off again?! No more listening to the wind generator on the roof as it throbs, whistles, whines (I heard it growl yesterday). No more concerns about four kilometres of private road, subject to slippery patches in the wet, balloons of dust in the dry, and fallen branches or trees anytime. No more collecting kindling, ordering wood for stove and fire, seeing the flues are clean, and checking that the gas fridge has not run out yet. Every piece of wood had to be moved twice - once to be stacked in the old water tank (I fixed up two, so I could use them alternately) and once to be brought inside to the wood boxes (one for kitchen, one for sitting room). No more driving four kilometres each way to meet the school bus twice every day.

However, I will also be unable to dry the orange peel for fire lighters, bake a cake, cook dinner, boil the kettle, dry wet clothes, make toast, prove and bake bread, and roast nuts — all at the same time as heating the house and water in the tank while burning a few pieces of wood. No longer will I have geckos galloping around the kitchen bench, scratching through my papers and requiring rescuing when they fall into something. No more wedge-tailed eagles will sit in trees by my house or soar in spirals. I even saw an albatross once. I will also miss the kookaburras, who bathed in the greywater ditch then sat on the children's swings to clean their beaks (sounds like metal hitting metal) and preen and gossip. I won't see those hooligans of the bush, the black cockatoos as they make so much noise crashing through the trees in flocks of ten or more.

I will have an easier, more convenient house to live in, but it's just a house. This is a way of life, which I regret having to leave.

J McRae,

1295 Coles Bay Rd, COLES BAY 7215.

Dear GR People,

We would like to start or join a cooperative LAND-SHARING COMMUNITY IN THE NSW CENTRAL COAST area. Although we have placed an ad, we are also interested to hear from people who might know of suitable land and interested people.

For a combination of planning, social, environmental and economic reasons, we plan to buy 300 acres or more with a registered co-op as the legal structure.

Shirley & Mark, PO Box 585, WOY WOY 2256. Email: mark@openwindows.com

Dear GR & Readers,

Thanks for a great informative magazine that is actually useful. We're a young couple with two daughters, three and five. We are seeking the CHANCE TO OWN OUR OWN PIECE OF LAND on a rent-to-buy basis, but we can only manage a small deposit. We dream of the day we can start to be fully self-sufficient, but we live in the city, so we lack the land to cultivate. We'd be willing to repair or renovate, or build ourselves. We don't care, as long as it's bush. If anyone can help us to achieve our dream, we would be grateful to hear from them.

Natasha Bryce, 30 Hartley St, ROCKHAMPTON 4700.

Dear Grass Roots Readers,

My boyfriend and I are moving to the Toowoomba-Toogoolawah area to buy our own piece of GR paradise. We would be interested to hear from ANYONE WHO REQUIRES CARETAKERS for free or low rent in exchange for labour on their land. Please feel free to write to us. We would be happy to negotiate any possibilities.

Caroline Haas, 92 Long St, HERVEY BAY 4655.

Dear Grass Roots magazine,

I am writing to you on behalf of the membership of the Australian Vaccination Network. Our organisation, which was formed in January 1996 and has branches in every Australian state and territory, represents many thousands of parents, health professionals and concerned individuals who believe that freedom of health choice is essential in any democratic country.

We are a registered charitable organisation that is completely volunteer-operated and run. We support the ideal of freedom of information and freedom of choice and while we are not anti-vaccine, we are most assuredly against any compulsion or discrimination based on an individual's vaccination status.

As you are probably aware, recent moves by the Federal Government have meant that many families have been discriminated against as a result of exercising their legal right to not vaccinate their children or themselves.

The government linked full vaccination with receipt of certain government entitlements. In order to get these payments, parents of unvaccinated or partially vaccinated children must go to an immunisation provider (doctor or clinic nurse) to be counselled on the benefits and risks. The doctor should then sign a form to verify that these people are conscientious objectors to vaccination. Many parents are finding it impossible to get doctors to sign these forms and have visited as many as 23 doctors before finding one who was willing. Aside from the trauma of having to front up to so many doctors, the cost to the Australian taxpayer from having to fund these visits would have to be enormous.

We are requesting that anyone who is in contact with an adult or child who has reacted to a vaccine send in a picture of that person with a short paragraph describing the reaction. We hope these pictures will influence politicians to require reaction reporting on the part of health professionals and allow parents the option to report reactions themselves.

reactions themselves.

Meryl W Dorey, National President, Australian Vaccination Network, Inc. PO Box 117, BANGALOW 2479. Ph: 02-6687-1699, fax: 02-6687-2032. Email: meryl@avn.org.au

G'day Megg and all,

I've been buying your wonderful magazine, and also the Australasian Poultry magazine, for the last 12 months and am totally hooked, keep up the wonderful work.

I have my own 30 acres of heaven here at Welshman's Reef and have been here full time for the past 25 years with my son, and have been mainly organic all the time. After 20 years of domestic and health problems, things are now well on the way up.

We run a small flock of sheep, 30 plus lambs, and the occasional cow or two and a few chooks. I'm about to start breeding Wyandotes. We have a great vegie patch and another under way and grow most of our vegies. I also do quite a bit of spinning and weaving.

I would love to know if there is somewhere in central Victoria where you can buy ORGANICALLY GROWN STOCK FEED for my chooks, and sheep when they need hand-feeding. I'm wanting to build up my flock of chooks so I can sell the eggs as organically grown, as well as free range. My nearest main towns are Castlemaine and Bendigo.

Listening to the radio this morning, mention was made of this website, so I had a look and it's fantastic, so much info and links to other great sites that are related to what we are all trying to do. All those who have the Internet or access to it, have a look at this site: http://www.ecorecycle.vic.gov.au/

Di Reid, 617 Newstead-Maldon Rd, WELSHMAN'S REEF 3462. Email: derekdi@gcom.net.au

Dear GR,

An increasing number of my friends are curious as to why they now are experiencing reflux, headaches and nausea after eating chocolate. About four years ago I began having unusual reactions after EATING CHOCOLATE, then happened to read an article alerting me to the fact that GM soya had begun to be used in chocolate about that time. So, after a few unwelcome incidents, I stopped eating chocolate.

D C Shortman (GR145 p39) and lots of other people who need some help on their land or building projects, child minding, carer respite etc. There are lots of able-bodied suitably skilled BACK-PACKERS ALWAYS TRAVELLING AUSTRALIA. Most back-packer hostels have a noticeboard and you could place a notice to advertise your need of some help and accommodation available to them. Everyone benefits. Travellers love to see how the locals live and many lasting friendships result from these chance encounters. Be sure to respect their needs too and don't be a slave-driver.

Be sure to contact your insurance company and get casual worker cover, in addition to your normal property insurance. It's very cheap and could save you a lot of expense if there is an accident. Also contact WWOOFers as they have lots of experience and may have good advice. It's nice to have someone to visit when you go overseas and let hospitality work both ways.

Another hint: BUILDING YOUR OWN HOME requires much ringing around to get an affordable price, and now the Internet lets you even shop interstate. A joinery firm in Queensland has been very inexpensive, according to some friends of mine, even including interstate transport of window frames etc. Try: buildex.net.au





Roberino, Lot 4, ARRAWARRA BEACH 2456.

Dear Grass Roots People,

I am having a **PROBLEM WITH TICKS** – no not cattle ticks, but ones that seem to come off shrubs. We have just moved to the Lismore area (NSW) onto a partly overgrown property, so I'm doing lots of pruning. Consequently, I am getting lots of ticks embedding in my neck, shoulders and scalp. Has anyone any information about these and are they related to the dreaded paralysis tick (which I saw a brief blurb about after arriving from NZ a year ago)? Well, apart from the ticks and an ongoing adventure with a peacock, I am loving Australia and have enjoyed learning heaps from your *Grass Roots* magazine.

Have you any info about farming worms and also looking after macadamia nut trees without using pesticides etc?

> Lynda, 80 Cowlong Alphadale Rd, LISMORE 2480.

Dear Megg,

I love your magazine and buy every edition. Probably the concept of how people take control of their lives, work with and for the environment – and succeed – encouraged us to buy our 40 acres of Oueensland.

If anyone is looking for a lovely PLACE TO PARK FOR AWHILE, and would like to bring an old, neglected market garden back to its former glory, please email me (see below). The soil is perfect and the hard work is all done by the previous owners. It just needs some TLC. We are just outside Gympie and in a lovely spot – lots of birds and animals and space. Come and share our nature guides that live here with us.

Di Woodstock, Lot 3 Aural Vale Rd, NORTH DEEP CREEK 4570. Email: woodydi@spiderweb.com.au

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

Dear GR Family,

Wow, my first letter to GR! It won't be the last. I am writing on my knees in the hope that some kind soul may answer my plea. My situation is desperate. Stuck in the big city of Brisbane, have mastered the art of 'climbing the walls' in depression and absolute need to get out of the gilded cage that is society. Is there anyone at all who would be kind enough to spare me some land on their property? Just enough for vegies, chooks, fruit trees, or maybe I could extend and help build on and maintain your own piece of paradise. I do not need electricity and have my own livable tent. I would be happy to help you on your property. I adore children and have cared for many. I can even spare a small amount of cash for rent. I am looking for somewhere an hour or so away from Brisbane for family reasons. I am 23, female, with a desperate need for freedom and to regain health and wisdom. All I want to do is live.

lshtar Johnston, 8 Gumnut St, TAIGUM 4018. Ph: 07-3865-5405.

Email: cllytemnestraj@yahoo.com

Ishtar, surely there are resources close at hand that will meet at least some of your needs. Are there community gardens you could help in? We know there is a city farm always willing to encourage volunteers. Involvement in such projects allows you to share your skills, learn from others, and form new friendship networks. Ring 07-3899-0912 to enquire about the city farm.

Dear Megg & Mary,

Thanks for sending on to me two letters from people in Bendigo and Robina who wanted to know where they could buy the wool socks from a couple mentioned in my article in GR145. I've replied to both, after doing another visit to the local craft market to get some cards.

And, in replying to Marilyn from Robina, I've thought of yet another use for good and deep wool cuff tops. (Her son is a welder, and with sparks making holes in just about everything, I guess he really needs fireproof socks of wool.) Those saved cuffs would make useful gaiters for bushwalkers as well as welders when pulled over sock tops and boot tops. Help keep snakes at bay? Marilyn said she has been knitting the socks, so I guess she would save the old sock was after so much work. Slow-going though, hence her hope of good socks by mail.



Dear Grass Roots Readers.

Some time ago, I read an article about geeps – which are hybrid goat/sheep. Your recent article in GR145 about Dorper sheep rekindled an interest I had some years ago. Malta apparently has them, but a letter to the Maltese Department of Agriculture has gone unanswered. There has been some research in New Zealand as well. Anyone out there who KNOWS ABOUT GEEPS could help me out on this vexing question by dropping me a line.

When my New Guinea days are over, I hope to put much of the knowledge and ideas that I have gleaned from GR, over five or six years of reading the magazine, to use on a relatively dry eucalyptforested mountain property which currently supports fine wool Merino sheep, Wagyu and black Angus cattle, stud Boer goats and rainbow trout.

Peter W Van Fleet, PO Box 86, MT HAGEN, PAPUA NEW GUINEA. Email: pvf@dg.com.pg

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published. *

Dear Grass Roots Readers,

Any information on the CAMBRAI area: schools, rainfall, water availability, ability to make a living off 30 acres or so would be much appreciated.

Also, does anyone have any ideas for vegie gardening among the gum trees? We find they suck all the moisture and nutrients from the soil.



Dear Grass Roots Readers,

We would like to respond to a letter which appeared in the Feedback pages of GR145 asking for experience of having laid an EARTH FLOOR, and including the pros and cons.

Well, we did exactly that in 1997 – not because we wanted to necessarily live 'closer to nature' on our secluded property, but because we suddenly ran out of sufficient funds to lay a proper concrete slab, let alone a wooden floor – on which we eventually managed to build a simple two-bedroom house, out of both new and second-hand timber and corrugated iron.

Despite the fact that the earth floor was properly levelled and cleared of rocks and stones to create the smoothest surface, even after having packed it down firmly with a heavy concrete, hand-operated roller, we noticed after only a short time from having moved in that the vinyl floor covering in all the rooms gradually began to either sink down or rise up.

This was caused by two factors which soon became obvious to us once the source of the problem was discovered. The ground-burrowing creatures such as field mice and termites had caused the earth floor to sink down in various places, and the constant shifting of the below-ground rocks and stones had caused the earth floor to raise up in other places.

Some temporary repairs have been periodically carried out by lifting the vinyl floor covering in places and filling in the hole with more dirt, or hammering down the rocks and stones which rose to the surface.

Furniture, such as tables and chairs and even bookshelves and beds for example, will eventually become unsteady on the uneven earth floor surfaces, which in turn makes home life somewhat uncomfortable at times, let alone the constant and time-consuming earth floor repairs.

However, despite the no-cost-involved and quickly-put-together factors of an earth floor, we wouldn't really recommend this idea, unless you plan to live in a tent or a log cabin, as we have also done on a temporary basis. If you do wish to pursue this idea, then make sure that the timber used is of cypress pine, which the termites will definitely not attack.

Our future stone house will at least be built on top of proper foundations, with timber flooring. We hope this information has been of assistance to you Judith.

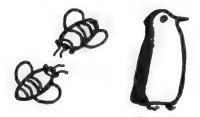
Hank & Heather Golding, 126 Cliff Barrons Rd, UPPER ORMEAU 4208.

Dear GR,

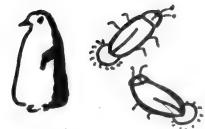
I read an article written by Brian Muston regarding WIND-MILL PRODUCTS AND COMPANIES associated with it. I am a contractor in central Queensland. Rapid Rain are still in business in Sydney, however, they do not make pump jacks anymore to my knowledge, neither do Southern Cross. Metters Yellow Tail are another company in South Australia.

If you have readers who want any information on windmills, jack pumps, or other methods of transferring water, I would be only too glad to help them.

Cheyne McLeish, 195 School Rd, NERIMBERRA 4702. Ph/fax: 07-4934-8040.



KIDS PAGE ANIMAL MATES



All animals need to create more of themselves to continue the existence of their species. A few animals such as some sea creatures create offspring by simply breaking off or budding parts of themselves and the new bits develop into new individuals. Just about all other kinds of animals need to have the special reproductive cells of the males and the special reproductive cells of the females come together. From them joining up, babies of the same species can then develop. When male and female animals come together to get their reproductive cells together it is called mating. When their male and female reproductive cells actually join together it is called fertilisation. These fertilised eggs then develop into baby animals either inside the animal (eg just about all mammals) or outside the animal (eg birds and most reptiles).

Ways Animals Attract Mates



So it all begins with animals attracting a mate and different kinds of animals have different ways of doing this: Here are some:

Male fireflies risk their lives by flying through the air signalling to female fireflies with their flashing light. Females

willing to mate return their signals from the ground. Female moths send strong perfumes into the air. The female Emperor Moth sends such a strong perfume that the male can detect the tiniest speck from eleven kilometres away.



BOOK REVIEW Mega, Mega, Mates

By Guundie Kuchling

This is a story of two megaworms searching for their

mate. Along the way they meet other Australian creatures in the throes of courtship. The story is embellished by wonderfully bright illustrations and has the novelty of being divided into two halves. The simply presented factual information about some unusual animal mating rituals will fascinate adults and children alike.

P/b, Allen & Unwin, PO Box 8500, Crows Nest 2065.

Frog Babies

Make several of these and imagine that many frog eggs have fertilised and developed into these funny frog finger puppets. You can put your thumb in the frog's lower jaw and your other fingers in the upper jaw.

You will need:

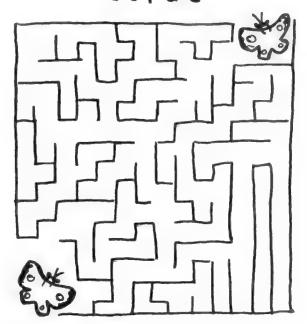
green paper red paper glue scissors pencil



- ★ Fold up a piece of green paper into three layers, forming a long rectangle.
- * Fold the rectangle into four equal parts.
- * You now have a W shape.
- ★ Draw eyes on the top part (the frog head) and cut a long strip of red paper and glue the end into the frog's mouth.



Help The Emperor Moth Meet Its Mate



In The Kitchen

Those who keep hens are usually inundated with eggs at this time of year, so Gloria Cotton's recipes incorporating eggs are very timely. Eggs are highly nutritious, containing protein and many vitamins and minerals. They are a good source of lecithin which aids in fat utilisation, and are an easily digested food for invalids. Two eggs are equivalent nutitionally to a serve of meat, fish, poultry or cheese.

Are your chooks like mine, creatures with minds of their own? They don't lay or go off the lay on any seasonal or age basis, just, it appears, whenever they feel like it. So, I often find that instead of having a certain amount of eggs on a regular basis, I have either none at all or too many. Eggs are a major component of many meals when our 'girls' are laying well and I've enclosed a few of our favourite recipes to share with readers. All are really easy, yummy, and economical.

SALMON OR TUNA PIE

4 eggs

2 cups milk

1/2 cup plain flour

1/2 tsp baking powder

125 g melted margarine or butter (omit for low-fat version)

pinch salt

In a large bowl mix these ingredients together. Then add:

200 g can tuna or salmon

finely chopped onion

1/2 cup grated chrise

1/4 cup chopped parsley

Pour into large greased flan dish or cake slice tray. Bake in moderate oven for about 45 minutes, or until set.

NOODLE CAKES

4 eggs

2 packets instant noodles (any flavour you like)

1 chopped onion

1 cup chopped ham

1 cup grated cheese

I cup corn kernels

handful fresh herbs (optional)

oil for frying

Cook noodles as directed on pack, strain and put aside. Beat eggs, add cheese, ham, corn, herbs, then fold in cooked noodles. Heat oil in large frypan, add large spoonfuls of mix and fry until golden. Turn and cook other side. Place onto absorbent paper and put in warm oven until whole batch is cooked. Especially delicious topped with a blob of sour cream.

ZUCCHINI AND BACON PIE

4 slices bread (wholemeal, rye or grain bread tastes best)

4 beaten eggs

3 rashers chopped bacon (or ham)

1/4 cup milk

I cup grated cheese

I chopped onion

3 grated zucchini

salt and pepper to taste

Cut slices of bread to line a greased flan or cake slice tray. Mix all remaining ingredients together, pour into bread-lined dish and bake in a moderate oven for 1 hour. Eat hot or cold.



SIX HOUR PIKELET

No, this recipe doesn't need six hours preparation time, but the pikelets are so filling they will keep you going for hours on end. Feel free to alter vegetable ingredients but keep them grated or finely chopped so the mixture forms a cohesive pikelet in the pan.

2 eggs

1 cup buttermilk

1 cup SR flour

1 cup thinly sliced mushroom

2 thinly sliced green onions

1/2 cup grated zucchini

1/2 cup grated carrot

I finely chopped fresh chilli

Beat eggs, add buttermilk and flour and stir well. If you don't have buttermilk on hand, use milk and sour cream with a couple of drops of lemon juice. Add vegetables. Heat a little oil in a heavy based pan, drop in 1 - 2 tablespoons of mixture. Allow to brown underneath, turn over and cook other side. Serve with salad and a tasty relish.

EGG AND ASPARAGUS BOUNTY

Use this recipe in late spring when the hens are laying well and asparagus is cheap to buy or can be harvested regu-

1-2 bunches asparagus

2-4 eggs

1/2 cup grated cheese

3 tbsp walnuts, roughly diced

1 cup wholemeal breadcrumbs

I cup vegetable stock

coarse black pepper

Hard-boil eggs, cool and slice. Leave young asparagus spears whole but if you're using older ones cut into lengths about 3 cm long. Butter a shallow casserole dish, arrange asparagus and place egg slices on top. Season well with pepper. Mix together breadcrumbs, grated cheese and diced walnuts and spoon evenly over contents. Carefully add stock, using less if only one bunch of asparagus is used. Put into a moderate oven and cook for 15 minutes, turning up the temperature to lightly brown the topping at the end.

This is tasty served on its own as a light meal.

MISCELLANEOUS MEALS

Past issues of GR contain articles about preserving and cooking with eggs. Especially useful are GRs 93 and 135.

Use eggs in stir-fries (GR 135, p50) or omelettes (GR 93, p52), or make your own wholemeal egg pasta (GR 93, p51). You can even make advokaat (GR 140, p42) or an egg flip (GR 137, p24) - with or without the brandy. An alcohol-free egg flip, maybe with banana whisked in as well, makes a nourishing meal for a sick child who can't face solid food.

Keep a sealed bowl of hard-boiled eggs in the fridge so they can be used as a quick snack or sandwich filling, or sliced onto a crisp leafy salad for an instant meal. Hard-boiled eggs need to be stored in the refrigerator, and never for longer than a week.

ALL YOU NEED IS . . .

One Free-Range Chicken

by Lyn Armanasco, Dunoon, NSW.

Well, you will need a few more bits and pieces, but if you have a good sized chicken you can feed a family (I'm going for the average here – two adults, two children) four meals from one bird. Always use free range, your own or one from a known supplier, so you know the bird hasn't been fed any 'make-them-grow-big' or 'kill-off-any-bugs-with-chemicals' stuff. I have a morbid fear of these things leaching from bones when making stock.

DAY 1

Wipe the chicken down and put it into a large pot and cover with water, between 21/2 and 3 litres.



Add 6 peppercorns, a 3-centimetre piece of peeled and sliced ginger, a peeled and quartered onion, 4 or 5 sprigs of parsley and a teaspoon of salt. Bring to the boil and skim. Cover and simmer for 1½ hours. Skim again. This is the base of good things to come.

Meal 1

While the stock is simmering and with about half an hour to go, get four largish bowls ready and then raid your garden. Your mission is to seek out greens. I use lettuce, baby pak choi leaves, mizuna, spring onions (sliced), cucumber slices, rocket, avocado, beetroot leaves, anything really, as long as it's green and edible. Broad beans, lightly steamed and cooled are wonderful, but as they are Steve's least favourite vegie they are not often seen in our house. Wash everything and shake dry. Then shred and 3/4 fill each bowl in a random sort of way so there is a bit of everything. Now make up a dressing. I don't like mine to be too oily, so usually have 1/3 olive oil to 2/3 vinegar or (better still) lemon or lime juice. Actually, a dash of orange juice is nice too. Crushed garlic and cracked black pepper, to your taste, next and a herb or two – coriander at the moment for us as my four little seeds have sprouted into monsters. When the stock is ready, remove the chicken to a plate and take off the breast meat. Roughly chop while still warm and put on top of greens. Add dressing. Toss and serve your warm chicken salad. After this feast, cover the rest of the chicken and put the stock into a bowl and refrigerate both.

DAY 2

Meal 2

You'll need wonton wrappers about \(^{1}/_{4}\) of a packet. Get the small ones, about 9 centimetres square.

Filling

250 g pork mince

l cup finely shredded cabbage

 $\frac{1}{2} - 1$ tsp sesame oil, to taste

1 tbsp soy sauce

1 tsp grated ginger

Mix these ingredients well. Take a teaspoon of the mixture and put into the centre of each wrapper. Brush edges with a little beaten egg. Bring the sides up over the filling and sort of twist and scrunch. (Sorry I can't be more specific than that, you'll just know what to do . . . trust me.)

At this stage I always make up double the quantity. The little wontons, and any leftover wrappers freeze really well. With a couple of dozen in the freezer there is always a snack that thaws quickly, takes a few minutes to steam and, dabbed with soy sauce, is a better alternative than the local takeaway.

Drop the wontons into boiling water and cook until they float to the top, about 10 minutes. Drain and put four or five into a bowl and ladle over the stock below.

Take about 8 cups of the stock you made yesterday (save some for sauce tomorrow) and simmer with 3 sliced



spring onions, ½ teaspoon sesame oil and a chicken stock cube for 5 minutes.

While I suppose it isn't the Asian thing to do, I serve this with a plate of crusty bread and it really is a filling meal.

DAY 3



The chicken that has been waiting patiently in the fridge can now come out. Take all the meat off the bones. Shred 1 to 1½ cups and put back in the fridge for tomorrow. The rest can be cut up in pieces approximately 2 centimetres square and set aside for later. Cover the bones in water, 6 – 7 cups, in a pot with some ginger and chopped onion and a stock cube. Bring to the boil and simmer, covered, for an hour. Strain and put stock in the fridge. Finally, give the bones a decent and solemn burial, they have been a good friend.

Meal 3

In a largish saucepan melt 2 tablespoons of butter and make a roux with an equal amount of plain flour and a cup or so of stock from day 2. It should be around the consistency of thickish custard. Cook for 5 minutes and add the chicken you earlier set aside, and some mushrooms are nice. Pepper and salt to taste. Simmer, stirring occasionally, for 45 minutes.

Now make some crepes with the quantities of flour and milk (plus egg) that you prefer. Mine are always on the thick side, so if you like thin ones it's



no use giving my quantities. Cook and keep warm. Fill with dollops of the chicken/mushroom mixture. Roll up and serve with vegies or salad. I sometimes grate a little cheese on the rolled crepes and pop under the grill till it's melted and then sprinkle a tiny pinch of nutmeg over.

DAY 4 Meal 4

Are we getting tired of chicken yet?
For today you'll need:
large can creamed corn
2 stock cubes
1 tsp sesame oil
cornflour and water, 2 tbsp each
2 slices ham
a few spring onions, chopped

yesterday's stock and shredded chicken

Put stock, corn, stock cubes, chopped spring onions, sesame oil and a dash of salt and pepper into large pan and bring to the boil. Mix cornflour and water to a paste. Add to soup and stir till it boils and thickens slightly, then simmer for a minute or two. Beat the egg whites with a little water and add to soup while stirring all the time, sort of a whirlpool effect. Add the chicken and ham and heat through gently. Put in bowls and serve. You can add a few thinly sliced spring onions on top for decoration.

VARIATIONS

None of the above has to be followed to the letter. Instead of crepes I have added carrots and peas to the basic chicken/mushroom mixture, put it in a pie dish and covered with pastry. Voila! Chicken pie served with mashed spuds and a green or two. I've frozen the second lot of stock and remade soup a month later with the extra frozen wontons, using the shredded chicken for sandwiches. The warm chicken salad I've made using chicken breast that has been poached in a little stock with

coriander and chopped garlic added. You don't have to wait till you have a whole chicken for this one. I just find that a nice fresh free-range chicken inspires me. Sure, a roast bird is a wonderful thing, but I love the challenge of trying to go one, or in this case four, better. Steve says that it's because of my 'work' time being spent on accounts, balancing books and little Johnny's GST that being able to spend time in the garden or kitchen is my 'real' world. Thank goodness for a bit of reality! #

PAINT QUALITY INSTITUTE WEBSITE

Anything you need to know about paints or decorating can be found on a new website set up by the Paint Quality Institute. There are numerous sections, including a problem solver section; a step-by-step painting guide dealing with surface preparation, tools, paint choice and painting conditions; recommendations for paint applications; tips and instructions for special decorating techniques; and a paint job cost calculator. So before you decide to repaint the house, check out the site by visiting www.paintquality.com w



apples, bananas, cherries, dandelion, endive, figs, herbs, hummus, soyabeans, tea, soap, macadamias, garlic, chillies, lemon grass, pasta, cauliflours, roses, broccoli, peas, rocket, lettuce, bokchoy, avocados, tomatoes, herbal extracts, massage oils, potatoes, carrots, cheese, jams, sauces, eggs, honey and more

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SLUGS Not Just A Slimy Pest

by Callista Mon, NSW.

When I think of slugs I usually visualise something pale grey and from about one to three centimetres long, perhaps a little longer if stretched out, and no more than about half a centimetre wide. These are seen from time to time in and around the vegetable garden or near pot plants, or on a garden path after a shower of rain. If they're not near any tender garden plants or highly prized specimen, then I'm quite likely to just ignore them. Sometimes I will pluck them off and either fling them into the grass away from my plants, or mush them underfoot. I'm not that keen to go around killing things left, right and centre, just because they might do some damage. They don't normally cause me much bother, and it's mainly young seedlings that I need to keep an eye on for awhile to prevent them from being munched to bits. Once young plants are established and growing well, the slugs don't seem to bother with them. With a vigorously growing plant there is usually enough food available to both feed the wildlife and supply myself.

Recently I was transplanting several clumps of rhubarb into a new bed. I had dug these plants up months before and wrapped them in damp newspaper and placed them inside two plastic shopping bags ready for transportation to their new home. It took rather longer than I had expected to get around to creating a new bed for them, so there they sat, rowed up near the front gate for about nine months before I finally planted them into their new bed. They had been dug up with about a shovelful of soil, so whatever little bugs and worms were in the soil at the time came with them. I kept the plants watered, but did nothing else.

Rhubarb is a hardy plant, and mine survived the cold winter and unusually warm spring without incident. One bag even, sprouted potatoes, the tuber of which must have been in the soil when



the plant was dug up. Because they were in the bags for so long, and with the seepage out of the odd hole in the bottom of the bags, a nice little community of animals had sprung up beneath the bags, as well as inside them. There were all sorts of little worms and wriggly things, beetles and various insects, numerous little skinks, four small brown frogs and one green one, and snails and slugs. All this, in a bit of garden soil in several plastic shopping bags!

DISCOVERING GIANT SLUGS

As I was transplanting the rhubarb, I gathered up any earthworms or other wildlife and put them in the new garden bed, but snails and slugs I set aside in a bucket. To my delight, among the folds of the newspaper wrapping the rhubarb I found not one, but four giant slugs. Now these were big by anyone's standards. These gorgeous creatures were about 10 centimetres long when not stretched out, and about two centimetres thick, with dark grey markings. These magnificent molluses I kept and returned to the new garden bed, along with some of the damp newspaper that I had found them in. They were too lovely to be disposed of along with other smaller slugs and the

common garden snails which are so prolific in my yard.

A SECOND GIANT SPECIES

I had had another species of large slug, the red-triangle slug, in my garden several years ago, in another location, and they had caused no damage, so I was not concerned about letting these giants loose in my new garden beds. A look through some of my wildlife books provided a name for these lovely creatures, the leopard slug, Limax maximus. Presumably they get their common name from the pattern of dark markings on their body. As it turns/out. these wonderful animals don't demolish your much-prized garden plants, but rather they are scavengers and feed on various types of organic wastes found around the garden.

The red-triangle slug gets its name from the distinctive large red triangle-shaped marking which surrounds the breathing hole. These slugs graze on microscopic plants found on damp surfaces such as tree trunks and rocks, so are not a threat to your garden plants either.

If you're lucky enough to find some of these super slugs gliding among your garden greenery, don't destroy them, but rather step back and admire them for the beautiful animals that they are.

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RECYCLING RUNS RIOT

Beer Bottle Tops

by Roberino, Arrawarra Beach, NSW.

By nailing beer bottle tops to a piece of timber, plywood, or other suitable base, a very effective shoe scraper can be made to remove clay and other sticky materials from boots. When full, a good hosing will clean it up quickly.

A macho fly curtain can be made by using a hot glue gun to fix bottle tops at five-centimetre intervals to stout twine or thin rope etc and hanging them from the doorhead at five-centimetre centres. They make a noise when someone goes through them, but this can be an advantage, say in a shop situation. A smaller arrangement can be hung closer together on a verandah for a different version of windchimes. Nailed a bit loosely so that they turn, they make handy wheels for children's wooden toys.

I once met a bloke, about 40 years ago, who was collecting them and had them neatly arranged in display folders. He had thousands – all different even then, from all over the world. I always keep a few handy in the workshop for spacers and washers, and for locating odd shapes in the jaws of the bench vice.

Glue two together with a blob of silicone sealer.

Your favourite brand of beer will make a certain kind of fashion statement if you use those bottle tops as cupboard door handles. Drill one for a seven-millimetre bolt with a thirteen-millimetre spacer behind it, maybe a thirteen-millimetre copper water pipe sleeve 'offcut' will do, and bolt it to the drawer or cupboard door. With a big blob of silicone sealant, glue another bottle top over the fixed one and tape it on and leave for a day before use. Remove tape and you have a conversation piece that will be the

envy of everyone at the local pub. Some will say that you are eccentric. Oh dear, what a shame! So use two glued together with string in the middle as hat 'corks' to keep the flies away. Corks are just about impossible to buy nowadays and beads just don't have that blokey look.

Bottle tops fixed to the tuning and volume knobs with epoxy resin remove that bland boring look from your car radio. There's a few ideas, I'm sure you can think of a few more.

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ATTENTION

SECOND GENERATION GRASS ROOTS FAMILIES

To help us with a special feature in a future issue we would like to make contact with families where the parents are long-term GR readers, and now their children are readers too.

Please contact by phoning: 03-5792-4000, or writing to Mary Horsfall at: PO Box 117, Seymour 3661.

POULTRY PROTECTION

We asked readers to share their solutions to poultry protection and to our surprise, the replies so far have been from the West. These innovative solutions can be adapted to use with any stock that needs protection.

ALL WIRED UP

by Warren Curry, Pickering Brook, WA.

My wife and I and two boys (8 and 13) moved to Pickering Brook, about 30 kilometres east of Perth, seven years ago. We lost numerous chooks and caged birds (mostly canaries) to all sorts of predators: foxes, feral cats, crows, goshawks, snakes, lizards, you name it. It's totally heartwrenching to come home to dead chooks and canaries in the bottom of the coop and aviaries from predator attacks. Now our chicken coop is fully enclosed and our bird aviaries protected. I scavenged much of the material from local council streetside collections and from 'free' sections in community papers.

The chicken coop has bird mesh laid flat on the ground, a metre out, all around the coop and this is tied back to the wire walls of the coop to about 500 millimetres or so up the walls. I used old cyclone fence wire for the walls. I used any old wood or sleepers to lay flat on this bird mesh and hold it in place against the bottom



Warren Curry protects both chooks and aviary birds by ensuring predators can't get through layers of wire.

MANAGING POULTRY FOR HOME AND HOBBY

By Bruce Pattinson

The ideal book for general poultry people and beginners

\$29.95 plus \$3.00 p&h

Poultry Information Publishers PO Box 438, Seymour 3661 4/55 Anzac Ave. Seymour 3661. of the coop walls. The door of the coop is small squared arc mesh that someone threw out. I covered the whole roof of the coop with old ringlock fence wire and covered that with any hessian or plastic. The coop is now totally enclosed. We have an old water tank upside down with perches inside for nesting.

Our bird aviaries are the usual sheet metal and bird wire jobs that were advertised free and I repaired and used. I used fine screen-door mesh against the bottom of the aviary wire to a height of about half a metre and attached it closely. I then constructed a 'lean-to' frame over the entire aviary, made from scavenged wood, and roofed it with sheeting collected from roadside cleanups. My lean-to's have sloping roofs for runoff and about a metre and a half clearance all around the aviaries. I then attached old chook wire all around the lean-to and left a place for a doorway at one end (arc mesh). The chook wire doesn't have to be to ground level.

The aviary birds are much drier in winter and stormy weather and we haven't lost one chook or egg or aviary bird since we did it.

FENCING PREDATORS OUT

by K Jones, Koorda, WA.

I have been motivated by a plea for help with managing poultry predators that was printed in GR146. I'll show you a simple, effective, reasonably economical way that I have used for over 20 years. Build a double fence system around your chook yard so that your dogs can be housed and have free run around the entire yard. This will effectively deter any ambling predators. A roof of chicken netting will reduce aerial predator attacks to zero. If you build the structure entirely of metal, using no wood,

it will minimise the number of ticks, fleas and other blood sucking pests that often hide in cracks in wood. If you plan your gates, only two will be needed to keep chooks and dogs in and separated, and also allow both out to free range. **

Poultry Protection System

Plant trees in and around yards to give shade in summer and sun in winter.

Poultry yard fully enclosed with chicken wire and all housing made from metal. If wood is used an annual liberal coating of sump oil will have good effect on ticks and fleas and also preserve the wood.

A2

B1

Gates A & B in No 1 position during daytime and No 2 position at night.

This combination chook and dog run is an efficient use of space as well as well as protecting the poultry.



PREDATOR SOLUTIONS?

Carpet snakes? Hawks? Feral cats?

Share how you protect your stock with other GR readers.



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Recycling Batteries

by Andrew Aidulis, Kilvivan, Qld.

Batteries are one of the most expensive parts of a solar power system. Most articles on the subject state that deep-cycle batteries should be used and that car batteries are not suitable. I tend to agree with this, but when it comes to money most of us cannot afford to purchase enough batteries to build a large enough bank to supply all of our needs over an extended period of time. So we compromise by only buying enough to carry us over two or three days. These batteries end up being deep-cycled more often than they should, and in the long run cost us more.

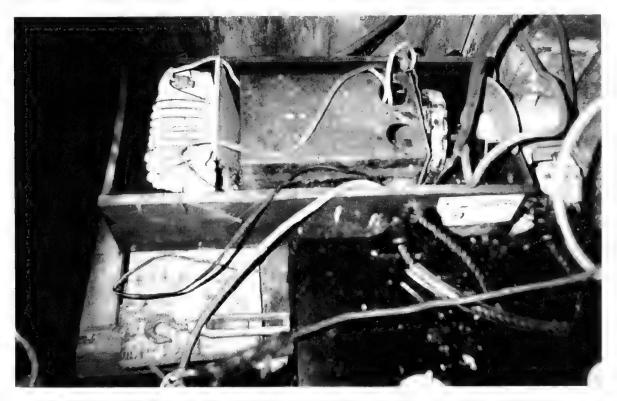
I have built up a very cheap battery bank by using second-hand car, truck and tractor batteries. The secret is to use a very large quantity so that they very rarely get cycled (which means discharged then recharged), and, when they are heavily loaded, each battery is only carrying a small part of the load. I have achieved this by going around garages and battery dealers and buying large quantities of batteries at scrap prices. I take a multimeter and a hydrometer and a 20-watt, 12-volt test lamp with me. Each battery is first tested by applying a load across the terminals with the volt meter connected. If the reading is 12 volts or higher, I then test each cell with the hydrometer. If each cell reads 11.80 or higher, and all cells give approximately the same reading, I put this battery aside to take home.

Most places will kindly sell you these batteries for two or three dollars

each because they are no longer useful for starting the vehicles they were intended for. Also, wear clear safety glasses and look in each cell. If the plates have pieces broken off them, or appear to be badly damaged then discard these as well.

TESTING

When you get these batteries home put them on a trickle-charge overnight, or at least for twelve hours, to charge them up to full capacity. Take them off the charger and let them stand for at least two hours. After they have rested test them again for voltage with your load connected. Write this on the top of the battery with a paint pen or a marker. Test your battery again with the



Homemade 50-amp battery charger. Using a 32-volt lead light transformer, a rectifier from a Bosch 80-amp alternator, and a resistor made of stainless steel wire wound around a piece of fibro to regulate voltage to 15 watts. A small car fan keeps the whole lot cool. The transformer is capable of 120 amps.

hydrometer and also write the approximate hydrometer reading as the average of all the cells on the top of the battery. I like to leave the batteries sit for a week after this and then test them again. If the voltage and hydrometer readings are similar to what you recorded on the top, then you have a reasonable storage battery which can be added to your battery bank. Most second-hand batteries will settle down to a voltage of between 12.4 and 12.6.

SURGE PROTECTION

When you are installing your 'new' battery into your bank, make sure that it is at the same voltage as the rest of the bank, otherwise you could get a current surge which could damage your new battery and be potentially dangerous to yourself if the battery should explode in your face. If you are not sure and want to be safe, you can make a simple surge protection circuit by connecting short leads, with small alligator clips, to a six-volt, 20 watt light bulb. Connect the negative pole of your battery to the negative side of your bank, then connect your bulb across the positive terminals. If the bulb does not light, then it is safe to connect the positive up. If the bulb lights up or glows, then leave it connected until it goes out. This will ensure that both batteries are at the same potential and it is now safe to connect up to your battery bank.

REBUILDING

Some batteries can be rebuilt if they have only one dead cell and all the others give a good hydrometer reading. I call this my cut-and-shut method. First, I will give a brief description of the inside of a battery. All batteries are

made up of individual cells. Each cell is a two-volt battery on its own. Each cell consists of one group of positive plates and one group of negative plates. Each group of plates is joined to an interconnecter. These interconnecters join one cell to the next through the cell walls to form a battery. I cut out dead cells and join the remaining good cells to other good cells to form a 12-volt battery. To do this you will need the following tools and safety equipment:

- A hand-operated drill or a battery drill. Do not use a 240-volt mains drill because it could be dangerous if acid gets splashed on it.
 - · an old hand-saw
 - · a large plastic drum
- empty plastic storage bottles with acid warnings written on them
 - rubber gloves
 - · safety goggles
 - · a large sheet of plastic
 - · a small plastic funnel

If you have a large number of batteries that have only one or two dead cells, this can be a slow but rewarding job. First, test with the hydrometer and mark the dead cells near the filler caps, remembering that each cell is a twovolt battery on its own. Put the battery on a block of wood or on the edge of a work bench with the plastic spread out underneath. Wearing gloves and glasses and a raincoat if you wish, drill a small hole in the bottom side of the dead cell. Catch the acid with the funnel and plastic bottle and store this somewhere safe. Refill with water to flush out any remaining acid. Do this two or three times to make sure this cell cannot generate any current that could cause arcing between the plates. Using the hand-saw, cut right through the centre of the dead cell. At all times avoid tipping the battery on its side because this could cause sediment to short out the plates. Again using the hand-saw, cut the battery plates off the interconnecters. Put all of the scrap pieces of plates in the plastic bucket then trim the excess plastic off the end of the good cells. Avoid cutting into the good cells or they could leak. Place the end of the cell over a plastic bucket and hose off any sediment.

Linking Cells

Drill a hole in the interconnecter. This is now your battery terminal and this battery is now ready to be connected to another battery with the correct number of cells to make a 12-volt battery. Groups of cells can then be linked together by short straps with connector lugs and small brass bolts and nuts. Be sure to smear with plenty of grease to stop corrosion affecting the connection. Any group of six cells can be joined in this way to form a 12-volt battery. When the connections are tightened the cells can be pushed together and held in place by using packaging tape around the length of the battery.

When joining the cells, use your multimeter to ensure the right polarity is obtained, that is, always join series cells + to -. Test this battery as before and connect to your bank as previously described. When joining cells, try to use ones that have come from batteries with a similar CCA rating otherwise this battery will not charge evenly.

BATTERY SIZE

The size of the battery does not matter as much when connected in parallel because all the batteries tend to charge and discharge evenly. Each battery in

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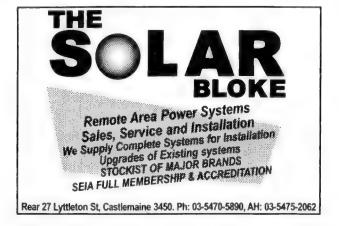
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parallel supplies its share of the load according to its voltage potential. The larger the battery the higher the amperage it will supply to the shared load. Most truck and tractor batteries have a CCA rating between 500 and 600 amps and a storage rating of 90 to 100 amps. I use between 45 and 50 of these at any one time in my bank, and I class them as 10 amp-hour batteries, giving me a total of 500 amp-hours at 10 percent discharge. My heaviest load is my 1100 watt microwave which uses 95 amps at 12 volts; each battery only has to supply 1.9 amps each of the total load. One of the advantages of this is that even at very high current draws I get virtually no voltage drop. The main secret of using these batteries is not to deep-cycle them at all. So, when you are sizing your system, add one or two more extra solar panels to compensate for overcast conditions. This will allow your batteries to recharge quickly when the sun comes back out. It also means that you do not require an expensive voltage regulator. I have seven panels which give me a total peak output of 30 amps an hour, this divided into 50 batteries is only 0.6 amps each. It would take several weeks of no power drain at night before my batteries started to overcharge.

COST

With the money I saved I was able to buy extra second-hand solar panels and a reasonable sized inverter. To sum it up, it cost me about \$200 for all my batteries. The price of one six-volt 200 amp-hour battery is about \$250 to \$275. Two of these are required to make a 12-volt battery at 200 amps. I would require at least six of these to meet my minimum requirements. This

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SAFETY FIRST

Projects such as this one require quite advanced handyperson skills and are definitely not for the beginner. Even experienced 'tinkerers' should exercise extreme care when tackling jobs involving acids and electrics. Wear appropriate safety gear, keep children away, store and dispose of dangerous substances properly, consult experts before beginning the project. w

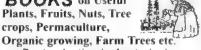
would cost me at least \$1500, plus I would also need an expensive voltage regulator worth about \$580, to give a total of approximately \$2080. All up, I have saved myself \$1880.

ONGOING CARE

I have been using these second-hand batteries for four years now with no major problems. Occasionally I have to remove from my bank a battery that has failed and replace it with another. I test all the cells monthly to make sure that none have collapsed and are draining the other batteries. I get my money back when I take these failed ones to the scrap metal dealers. The scrap plates and dead cells can also be disposed of in this way. Most large battery dealers will take your waste acid for recycling, some may ask a small fee for doing so. I hope this information will assist some people to be able to afford to set up a reasonable sized solar system, as a stopgap measure until they can afford to purchase deep-cycle batteries.

Andrew is happy to assist anyone wanting more information, but only by email: mouse kil@hotmail.com w

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PAWPAW POINTERS

by John Mount, Woodford, Old.

My friend (along with many other cancer sufferers) swears he cured himself of pancreatic cancer with the juice of the humble pawpaw. He suspects it is mainly the action of the fruit's enzyme, papain, a well-known meat tenderiser in the culinary world, that is at the heart of the cure. It is, however, from the leaves of the pawpaw that he brews a 'tea' from which he derives his medicine. (Some Pacific Islanders were known to wrap meat in pawpaw leaves prior to cooking in order to tenderize it.)

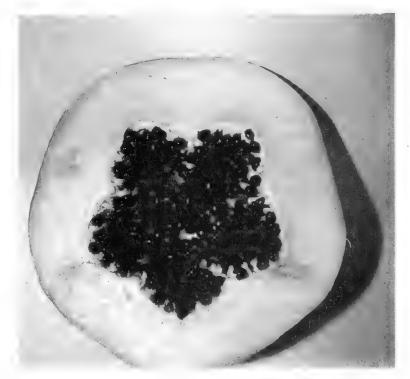
This protein-digesting enzyme (papain) is similar to the human and animal enzyme (pepsin) in the gastric juices which helps to break down solids. Papain is usually concentrated in a milky white juice and exudes from the fruit when unripe or green. It is used in various home and commercial remedies to cure indigestion.

The papaw, pawpaw, or papaya, as it is properly called, is a succulent fruit of a large tree-like plant, Carica papava, which grows to a height of eight metres in the tropical and warmest parts of the subtropical world.

Depending on the soil type, the fruit can taste anywhere film bland to very sweet. Usually the size of an average cantaloupe or rockmelon, the fruit can range in size from as small as an adult's fist to the size of a football. Both the skin and flesh extend in colour from green when immature through to the ripeness of yellow and orange. To the

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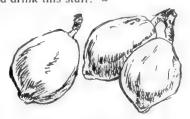


Pawpaw, more than a tasty treat, has health benefits as well.

touch, the ripe fruit should feel a little tender, not rock-hard.

Pawpaw is a popular breakfast fruit in many countries and because of its benefits to the stomach it makes an excellent after meal treat. It is also used in salads, pies, sherbets, juices and confections. The unripe fruit can also be cooked like squash.

One day my friend asked me to try some of his pawpaw leaf medicine, which he quaffed daily in some quantity. Somewhat reluctantly I sipped some from a glass. After tasting his 'elixir' and trying desperately not to pull a face I said, 'It's nothing like its fruit is it? To be honest, old mate, I reckon I'd have to be dying of *** cancer before I'd drink this stuff!' #



. **PESTICIDES IN FRUITS AND VEGETABLES**

It is best to grow your own vegies and fruit, or buy certified organic produce. You will be consuming pesticides if you are unable to do this. Even though washing in a coapy solution, or vinegar and water, followed by rinsing clean under water can reduce the amount of pesticide on the surface of your fruit and vegetables, there will still be residues within the plant's tissue. W

FOOD SUPPLIES AND POPULATION GROWTH

A report by the United Nations Food and Agriculture Organisation states that by 2030 the world population of eight billion people will be better fed due to an increase in food supplies. The report, Agriculture: Towards 2015/2030 says, 'Growth in agriculture will continue to outstrip world population growth of 1.2 percent up to 2015and 0.8 percent in the period to 2030." #

VEGAN DRUMS Kombucha Drum Skins

by Alec Moore, Cairns, Qld.

If you thought it was pretty strange for people to be making a drink from a fungus, you'll be amazed at this use for kombucha. Bring out the bongos and drum up some healthy music.



It's hard to believe the dubious looking organic mass below – the discarded top of the Kombucha plant – is the material used as the skins on the drums above.

I try to drum it into people that drinking Kombucha tea is good for them. I came across the idea of using the fungus, or pancake, some years ago, after tossing out a 'dead' pancake on the garden. While doing some weeding a week or so later I came across what looked like an old dried-up leaf that had fallen from a tree, only to find it was round. It felt like some sort of animal skin, although only paper thin. I realised it was the old dead Kombucha fungus I had tossed out a week before. So, ways of using a dead dried-up fungus ran through my mind, till I finally thought of drum skins!

Knowing that each week the fungus grows another on top, I found that four to five mushrooms dried out make about the right thickness for a drum skin.

How do you get them to stick together? Make a dish of the diameter



GRASS 61 ROOTS

needed. Do not use metal because it will kill the fungus. Brew the same way you would your Kombucha tea, but use only half as many tea bags. You can use more sugar (the fungus feeds on sugar). Let the hot brew cool down. I brew 15 litres for the size I want, about 75 millimetres. Then place your little mushroom in the brew, cover it with mossie net to let the mushroom breathe and to keep out the bugs. Leave it in a dark warm place, remembering to check it every now and then to see how it's coming along.

At the end of the first week a new mushroom will grow to the diameter of your bowl, and another every week after. If the new mushroom stops growing, it might need a top-up — make a small brew and pour gently over the top. After you have four or five mushrooms, grab them tightly and lay them over a length of pipe, wrapping thin string or cotton round and round to keep all the mushrooms together. Leave in the sun to dry. The mushrooms will weld together when dry. It should take about one or two weeks, depending on the weather. Cut off

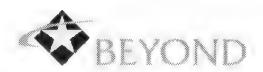


Wrap four or five mushrooms around a pipe and tie them on. They'll weld together as they dry.

string, peel off mushroom from pipe. Use as you would leather. Wipe dubbin (leather oil) over to stop from going brittle and too dry. Place on drum, tighten down. Happy drumming!

See GR122 for an article about Kombucha tea, including how to make it. This was followed up by some extra information in Feedback letters in issues 125 (p37) and 127 (p40).





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Piggybank Pigs

by Sherryn Savage, Currambine, WA.

Children and adults alike will enjoy making this piggybank pig. Make it for your own use, or as a gift. Or, if pigs aren't your style, use your imagination to create something else. It might be a messy project, but it sure is a lot of fun.

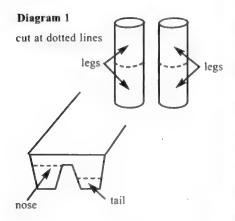
MATERIALS & EQUIPMENT

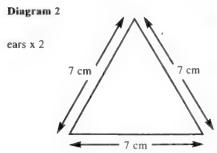
1 balloon newspaper cardboard paste (flour & water) paint ruler & scissors stickytape 1 egg carton 2 empty toilet rolls

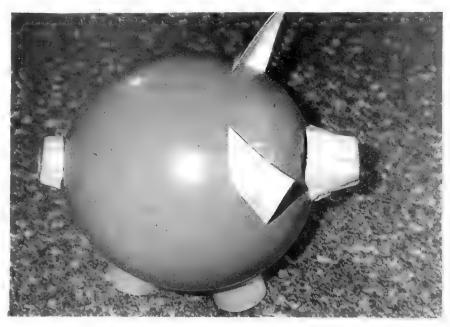
METHOD

Step 1

Blow up the balloon (not too big) for the pig's body. Cut the toilet rolls and egg carton as shown in diagram 1 for the legs, nose and tail. Using the cardboard, cut two ears as in diagram 2.







Above: Balloon pig with nose, tail, ears and legs taped into position.

Below: Newspaper strips are pasted over the entire shape, including taped-on parts.

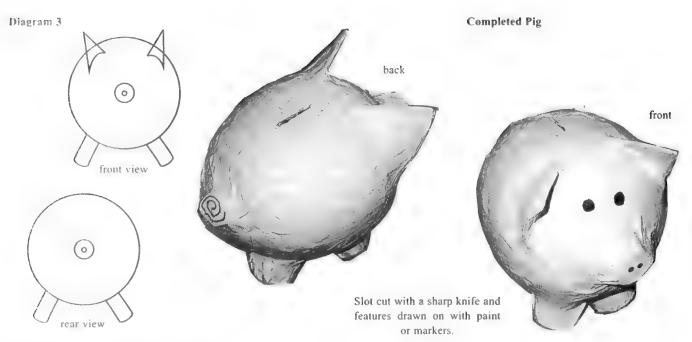


Step 2

Ask someone to hold the pig (balloon) for you while you tape the legs, nose, tail and ears on in the appropriate places. Bend the ears slightly forward before taping. Refer to diagram 3.

Step 3

Rip the newspaper into strips (approximately 4 cm wide). This will make it easier to work with. It's now time to get messy. Paste the newspaper all over the pig, ensuring that you also cover



the legs, nose, tail and ears. Continue pasting until you have covered it all with approximately ten layers of newspaper. Put it in the sun to dry. When it's dry repeat the procedure again, pasting approximately another ten layers on, then leave in the sun to dry. Once it is completely dry, the pig should feel hard and solid.

Step 4

An adult will need to cut a slot across the top of the pig using a sharp knife. This will become the money slot.

Step 5

You are now ready to paint your pig.

Make it plain or as colourful as you like. Draw or paint on the eyes, nose and tail. Water-based paints will probably need to be sealed with a coat or two of clear Esrapol. Once the paint is dry, all you need to do is start saving.

Women in Their 40s

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TASTY TOMATILLOS

by Jose Robinson, Pomona, Qld.

Tomatillos (pronounced toe-ma-teeohs) are native to Mexico and extremely easy to grow. Some people may not be familiar with them yet, but seed is becoming more readily available here. Once you have planted the seeds in your garden, you should never be without these interesting and unusual fruits, somewhat similar to small tomatoes.

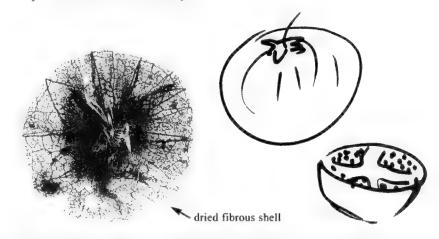
The fruits come with a Chinese lantern (or gooseberry-type) creamy coloured papery slipcover over them as they hang ripening on the bush. As they mature, they change from dark green to light green. If left on the bush too long, they turn yellow and can become bitter. A purple variety of tomatillo exists. It is similar in flavour. but it tends to lose its purple if cooked. Seeds of the purple strain are harder to come by. Tomatillos are ready to pick when the husks burst open. The fruit still feels firm, but you should leave husks on until ready to use to help the fruit stay fresh.

You can add tomatillos to stir-fries, egg dishes, meat dishes, as well as most soups. They may be puréed, raw or cooked, for salsa, sauce, or dip. Tomatillos can be used raw in salads and seem to impart a marvellous piquant taste in a cooked Mexicanstyle dish. There is no need to peel the skin or remove the multitude of seeds.

Tomatillos are annuals and grow here (Queensland) through winter and summer. The winter crop is completely

MEXICAN **GROUND CHERRY**

The tomatillo (Physalis ixocarpa) is raised commercially in Mexico, its country of origin, for its edible berry - hence its alternative name of Mexican ground cherry. There are about 80 species of annuals and perennials in the genus, with many producing edible fruits encased in a fibrous shell or calyx. Fruit is usually ripe when the calyx dries out. #



Tomatillos are enclosed in a distinctive fibrous shell or calyx. When the calyx dries out the fruit is ripe.

free of pests, but I find in summer they can be subject to attack from an unidentified grub. Seeds usually germinate in about a week and from then on the rate of growth is quite fast. The straggly bushes seem to prefer not to be staked, allowing them to spill over garden edges and across pathways. They travel in an almost vine-like manner. though they have no tendrils. I usually pick up the wandering bits and toss them back over the main part of the plant. This they seem to accept and carry on growing in the other direction. If preferred, you can prune the tips for control, or to keep them within the garden edge.

They self-seed readily, so will come up over and over again in the same garden. However, as with most edible plants, it's probably wise to move them somewhere else after one season.

Anyone looking for a quick hardy crop with many uses, go for tomatillos. W

HOW TO MAKE CUT FLOWERS LAST LONGER



Cut flowers are a beautiful addition to any home and it's great to be

able to make each vase of flowers last as long as possible. There are ways of ensuring this. Firstly, make sure you pick flowers early in the morning or evening, not while they are exposed to sunlight. Don't use metal containers, and let the flowers have a good soak in a bucket while you prepare a flower food to place in the vase with water. This food works well: Add 10 g sugar, 10 ml vinegar or a squeeze of lemon juice, and a few drops of bleach to one litre of warm water. The sugar feeds the

flowers but also encourages bacterial growth, which the bleach counteracts so the bacteria do not multiply too rapidly and end up killing the flowers.

Always remove leaves from the stem area being submerged in water. Trim a 45° angle on the base of the stem to increase the surface area and allow a greater uptake of water. Try to trim the stems underwater if possible, then arrange the flowers. Don't place them in a draughty area and don't combine daffodils or jonguils with other flowers as their sap is poisonous. Poppies like to be placed with other flowers and will last longer as a result. To revive wilted roses, fully immerse in a sink or laundry tub filled with

water and trim the stems. W

Simple Energy Saving

by John Mount, Woodford, Qld.

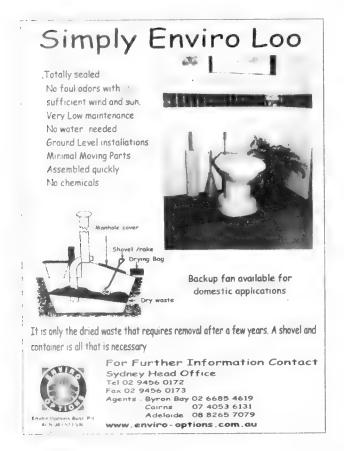
Saving energy can be extremely beneficial, both to individuals and to the community. Much energy is consumed in the manufacture of electrical appliances, so before purchasing new items consider whether your old one can be economically and safely repaired, or whether you could replace it with a reconditioned or good secondhand one - preferably purchased from a reliable charity. Remember, when buying from genuine charity organisations you get double value for your dollar - the benefit of obtaining a bargain plus the satisfaction of helping others. In some cases it could be cheaper to buy a new item than to repair an old one, and the new one is likely to be more energy efficient anyway, so do your sums first.

Look at your lifestyle and see if you can spot areas where you can make savings or improvements.

- Leaving the lids on pots and pans while they cook can save up to 20 percent of your cooking energy.
- When cooking in the oven, switch off the power or gas up to half an hour before the dish is cooked and allow the food to finish cooking in the residual heat
- A piece of iron or steel plate placed on one gas jet will allow you to heat a number of saucepans at the same time
- A microwave oven consumes only a quarter of the energy of a conventional electric oven.
- Save time and money by using your pressure cooker often.
- Defrost frozen food, and warm other foodstuffs, in sealed clear glass and plastic containers in the sun. Make sure you only do this for the minimum time necessary to do the job – dangerous bacteria can multiply in food at

'warming' temperatures.

- Insulate all pipes from the hot water system for at least one metre from the system.
- Use a clothesline rather than a clothes dryer.
- Check that the fridge door seals are functioning correctly.
- Check with the manufacturer of the hot water system for the safest and healthiest minimum temperature setting.
- Ensure all lights inside and out have the lowest possible wattages.
- Use fluorescent lighting wherever possible. It uses less than a third of the power, and the tubes and bulbs last at least 10 times longer than standard incandescent lighting.
- When purchasing new electrical appliances, always check the star rating the more stars, the more energy efficient the appliance is. ₩



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My Part-Time Garden

by Judy Wormwell, Two Wells, SA.

My first garden, the thing that kept me sane during most of my years of teaching away from home, was at Balaklava, another 30 kilometres north of Roger's garden at Hamley Bridge that I wrote about in GR 144, and a bigger hub town. Whereas Hamley Bridge is set among undulating hills, Balaklava is flat, flat, flat and on the plain between Clare and Gulf St Vincent. The climate is similar: cold, winters with occasional frosts and summer days of low 40-degree temperatures. Balaklava does seem to have more summer winds that sweep down from the hot north, perhaps due to its being exposed on the plain. The yearly rainfall is 355 millimetres, making this an excellent grain-growing area.

My property was a larger-thanaverage town block of three-quarters of an acre. The previous owner had become too old to care for the garden, so the large yard had been divided in half by a wormwood hedge. During the three years of interim ownership, the place had been rented out and I had the strong feeling the tenants, also, never ventured beyond this partition, because the back section of the property was a wilderness, containing nothing but knee-high dry weeds. For a long time, I simply called it 'the sheep paddock'. It had been this very sense of space, though, to which I had been attracted, so I saw the development of it as a challenge.

The cottage had been refurbished three years earlier, but the rest of the yard was in a state of either decay or disarray, from the remains of corrugated iron stables to three termite-ridden almond trees and rotting geranium bushes. A morning glory vine ran rampant over and way beyond the disused lean-to laundry, and a couple of bamboo clumps appeared to multiply before my eyes. The only gems worth keeping after The Big Clean-Up were a row of three very mature trees (two pepper trees and a gum – type unknown, but possibly spotted) beside the old stables,

a rambling plumbago outside the kitchen window, a small jade bush on the front fence and an almond tree – not one with termites! My Grand Plan was self-sufficiency in fruit and vegetables, supported by an aesthetically pleasing ornamental garden.

It was my first attempt at gardening and I had no real idea what to do. A Grand Plan, yes; hands-on experience, no! I had been a devotee of Grass Roots for quite a while and was buoyed by enthusiasm and, I now admit, a smidgeon of impatience, but I sallied forth. Trees came first, and I began what became a never-ending program of planting. Five Tasmanian blue gums (Eucaluptus globulus subsp., globulus) were the first to be planted. Three survived in my very non-Tasmanian environment and were reaching maturity down the back when, some years later, the old lady next door did them in.

Mrs S had spotted seasonal caterpillars and decided the trees had to go, so she cut the roots on her side of the

fence, sprayed poison all over the ground, then sprayed poison on the trees. One went down immediately, while the other two struggled on for a while, but ultimately died. It was particularly heartbreaking because my two youngest daughters had had the job of carrying daily buckets of water to establish the trees.

The demise of these happened at a time when I was teaching 600 kilometres away and able to get home only at the end of term, and was akin to another couple of such incidents. One found me arriving home for holidays only to discover my thriving lemonscented gum lopped at about a metre from the ground. Despite the beautifully neat and smooth cut, Mrs S told me it had snapped off in a storm. A wattle tree met the same fate as the lemon-scented, but also managed to spring anew. It later emerged that Mrs S suffered from senile dementia and the tree-cutting and other gardenrelated happenings stemmed from her condition. The lopping, however, introduced me to the concept of pollarding, which I went on to use on other trees where I felt it was helpful.

My soil was red-brown clay, with some limestone rocks up to about 20 centimetres across. In summer the clay set and cracked like parched rock. I didn't have time to build up the soil, I thought, besides which I didn't know much about the whole process, so I planted vegies directly into the clay. I had some success, but prepared raised beds the following year, having learnt a bit more about the importance of preparation.

Those first two years provided the only real opportunity for serious vegetable growing. My third year with the property found me beginning my nomadic teaching life, when I managed to be in residence for only about three and a half of my remaining 15 years of home ownership. Apart from a few periodic bits and pieces, such as rhubarb, capsicums and silverbeet, my gardening was then restricted to fruit trees and ornamentals, all of which had to be extremely hardy in order to stand the rigours of my term-long absences.

Finding what would survive was a process of trial and error. I took a big risk in planting fruit trees, but I felt these were essential to my self-suffi-

ciency-in-retirement dream. The 'house orchard' of a few plum, peach and nectarine trees, therefore, came early in the proceedings. I called this the 'house orchard' because it was established at the house end of the yard. Later, of course, I learnt about permaculture and realised the vegetable plot should have been in that spot. Every night I was home in the summer time I drip-watered fruit trees throughout the night. I did it manually, leaving the rainwater hose on a tree for a couple of hours, then moving it on. Subsequently, I set up a second 'orchard' further down the yard and used the same system. Herbs were grown for both use and decoration. Hardiest of those I planted were rosemary and thyme.

The delight of my life was the construction of a return verandah and, by that time, I was well imbued with the permaculture philosophy, so onto wires strung all the way around the house went sultana, currant and passionfruit vines. How I loved that verandah, which allowed me the protection to revel in the vagaries of the weather, especially in winter.

After observing Roger's success with succulents, I gratefully accepted any offerings from him and came to learn that these are so easy to grow – you truly do just snap off a bit, stick it in the ground and give it some water from time to time. Of course, with regular care, everything does much better, but I'm talking survival here! Also like Roger, I found that things which did really well for me, under the dire and largely neglectful conditions I have described, were often not those recommended for my environment.

To suit the environment and to give ornamentals their best chance of survival, all trees and bushes were natives.

I put in an assortment of bottlebrushes down the back in the 'sheep paddock'. Callistemon viminalis, a weeping variety with a couple of subspecies, did very well. Gum trees which flourished without ongoing assistance included:

- the local giant mallee (Eucalyptus oleosa)
 - coral gum (E. torquata)
- bushy sugar gum (E. cladocalyx nana)
 - illyarrie or red-cap mallee (E.

erythrocorys)

- lemon-flowered gum (E. wood-wardii)
 - tall sand mallee (E. eromophila)
- strickland's gum or yellow-flowered blackbutt (E. stricklandii)
 - lemon-scented gum (E. citriodora)
 - river red gum (E. camaldulensis).

Because I knew the lemon-scenteds would become massive, three of my four were pollarded. This meant the growth was then spread amongst four or five main branches, rather than one central trunk, thus reducing their normal height.

Everything I planted in the emubush (Eremophila) family grew well, along with old-man saltbush, silky oak (Grevillea robusta), olive grevillea (G. olivaceae) and some wattles (acacias), particularly the Flinders Ranges wattle (A. iteaphylla). Of the melaleucas, only Melaleuca nesopohila and the local M. lateritia were successful on a long-term basis. Two myoporums (Myoporum longiflora and M. insulate) did well. I learnt that most things recommended for coastal planting would survive both general abandonment to the elements and Balaklava's climate.

I delightedly transplanted, into appropriate positions, wattle seedlings which resulted from bird visits. One such seedling developed into a lovely weeping form, which went on to sucker. I pulled out those that came up where I did not want them and left the others. A group of five was then on its way. I had several attempts at growing a weeping myall (Acacia pendulus) and two finally came good just before I moved!

As time went on and I continued to work away from home, I made the decision to downsize, so in July 1999, I sold my place to my youngest daughter and her husband. They are slowly placing their own stamp on the property, but, to date, have retained all the trees, bushes and shrubs. I moved into a small dwelling on the two-acre property of another daughter. I've since retired and been given carte blanche on the edible gardens. Two Wells, 20 kilometres north of Adelaide, however, is a different situation with a different type of soil and I have managed to go wrong with much of the vegetable growing. But these are early days and I'll eventually learn enough about the conditions to get it right! #

ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

V-GRAFTER

Interested in doing your own grafting? This tool is straightforward, similar to secateurs in use, and makes grafting success easy. The tool comes with two sets of blades: the V-blades are used for up to five-millimetre diameter wood and the Omega blades for up to ten-millimetre diameter wood. This allows you to graft your own woody plants for very little cost. It is made in Italy and is very popular with professional horticulturists who often find there is no need to use grafting tape as the fit is so tight. The V-Grafter costs \$79 and replacement blades are available for \$15.

For more information contact: Green Harvest Organic Garden Supplies, ph: 1800-681-014, or write to Reply Paid 62435, Maleny 4552.



STEAM MOP

Steam mops have been popular in Europe for some time now as they are hygienic and clean easily and effectively. The Kenwood Steam Mop 2000 Deluxe is safe and simple to use and does not require chemicals, detergents or buckets. The mop comes with its own cup and funnel; two cups of water are placed in the mop and it takes about three minutes for it to reach 95°C and begin to steam. Rinsing or drying the floor are not necessary following steam cleaning, so streak-free floors can be ready to walk on in no time. The hot steam not only cleans fast and effectively, but kills dust mites, so the mop is excellent for those who are sensitive to dust and detergents. The mop comes with two machinewashable cloths and is ideal for sealed hardfloor surfaces, such as timber, ceramic tiles, lino and slate. Steam mops are best for use in lightly soiled, regularly cleaned areas rather than for spillages or greasy floors. The Kenwood Steam Mop 2000 Deluxe is available from electrical retailers and department stores. It comes with a two-year warranty and retails for \$150.

For more information contact: Hagemeyer, 104 Vanessa St, Kingsgrove 2208, ph: 1300-728-150.

SUPPLEMENTS FOR KEY NUTRIENTS

Many of us do not always eat a balanced diet across the full variety of foods. Herron Pharmaceuticals has released the My Daily range, including vegies, fruit, fish, red meat, and diary, and comprising the key nutrients from these food groups. My Daily is not a substitute for food but rather an important complement to the imperfect diet. One of the benefits of these nutritional supplements compared to multivitamins is that individuals can now tailor the variety of nutrients to their personal needs as required. My Daily was developed in conjunction with a clinical nutritionist and naturopath, and comes in easy-to-swallow softgel capsules. The capsules come in bottles of 45 and retail for about \$14.

For more information contact: Herron Pharmaceuticals Pty Ltd, PO Box 95, Brisbane Market 4106, ph: 07-3848-3650.

PHOS-LIFE FERTILISER

Phos-Life is a biologically enhanced liquid calcium-phosphate fertiliser using micronised liquid guano combined with fulvic acid and soil-life metabolites in a free-flowing suspension. This micronised form makes the calcium (29 percent) and phosphate (12 percent) compatible and generates tremendous energy in the soil. Phos-Life can also be used as a livestock supplement, or in hydroponics. It is easy to apply, free of heavy metals and an exceptional source of trace elements. Around 3 to 10 litres per hectare, diluted 1:50 will be required for foliar applications and it is best to include Bond-Tech Spray Oil to maximise results. It can also be used at planting, or for applications using boomspray or fertigation. Phos-Life comes in 20-litre containers and retails for around \$50.

For more information contact: Nutri-Tech Solutions Pty Ltd, PO Box 338, Eumundi 4562, ph: 07-5473-2500, or visit the website at: www.nutri-tech.com.au

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These beds will be a great success with your pets, particularly the older ones who may be a bit stiff in the joints. Mikmac's Drop 'n' Flop pet beds are recommended by vets and have a soft mildew-resistant filler that moulds to any position for maximum support and comfort. The filling reflects body heat and its yielding action helps to protect pets from arthritis, body calluses and painful pressure sores. The beds come in five sizes, from small, medium, large, extra large right through to giant. They are great for year-round use, for travelling purposes, and can be used in crates to make pets' journeys more comfortable. The beds are oval in shape and have a hard-wearing, machine-washable outer cover and a tough, zippered inner liner. So, chuck out the smelly old mats and bedding, invite pets off your favourite furniture or out of that cold corner, because they won't want to know about anything else once they've been introduced to their own Drop 'n' Flop bed!

For more information contact: Mikmac, PO Box 565, Mosman 2088, ph: 02-9416-9923, or fax: 02-9415-6852.



RECENT RELEASES

Titles described can be ordered through your nearest bookstore.

GARDENING DOWN-UNDER Kevin Handreck

This is the fully revised second edition of this guide to improving the health of our soil and plants. The territory covered in this well formatted publication is totally practical and should help any gardener improve the worst of soils, select the best fertiliser for particular plants, not to mention minimise water use. There's helpful information on managing potted plants, and simple tests and colour guides to help identify and fix nutrient deficiencies. Charts, diagrams and photos (some colour) help to illustrate and support the readable, authoritative advice.

P/b, 292pp, CSIRO Publishing, PO Box 1139, Collingwood 3066. Ph: 1800-645-051. RRP \$39.95.

KIDS FOOD HEALTH (BOOKS 1, 2 & 3) Dr Patricia McVeagh & Eve Reed

This practical and very readable series of three books covers children's nutrition and development from the first year, from toddler to preschooler, and from school-age to teenage respectively. Parents often receive a great deal of confusing and conflicting advice and, like every aspect of bringing up children, there is no single right way to feed your child. However, these books offer the latest information on nutrition and child development across the age spectrum and can provide a guide for parents wanting to establish healthy eating habits that their children will carry into adulthood. Much of the information is fascinating, whether or not you are a parent, and is backed up with charts, photos and reminders. The contributors are highly respected in the areas of children's health and nutrition.

P/b, 170 – 204pp, Finch Publishing, PO Box 120, Lane Cove 1595. Ph: 02-9418-6247. RRP \$21.95 each.

YOUR SOUL PURPOSE Brendan Nichols

This book shows us w'2 t we need to do to discover our purpose and live the life of our dreams, how to embrace five elements of ourselves: the visionary leader, the achiever, the poet, the sage and the spirit. It explains how this can create an awakening within us and access to previously untapped abilities. The author believes it is important to balance our spiritual and worldly sides and offers practical examples and exercises to help us open up to the five elements and live our unique dream.

P/b, 229pp, Avargo Press, Suite A, 23 Wirree Drive, Ocean Shores 2483. RRP \$22.95.

2007: A NOVEL Robyn Williams

Against a worldwide backdrop of climate change initiating increasingly tumultuous weather disturbances, animals are mysteriously driven to act. Pelicans block airports in America, whales overturn a whaling ship, cows block a freeway in Melbourne, snakes prevent bulldozers in South America from destroying any more rainforest. Increasingly bizarre incidents culminate in the revolt of millions of pets. Political leaders decide on a heartless plan of action, until the young pet owners also become involved in the chaos and a new strategy is called for. This amusing adult fairy tale is fast-paced, exciting and intriguing, while at the same time conveying an important environmental message.

P/b, 263pp, Hodder Headline Australia, Level 22, 201 Kent Street, Sydney 2000. Ph: 02-8248-0800. RRP \$29.95.



THE ALLERGY BIBLE Understanding, Diagnosing, Treating Allergies and Intolerances

Anyone who has to cope with allergies in their many forms will appreciate this new book that covers the subject in depth. Many allergic conditions and their symptoms are clearly and simply outlined, together with various cures, remedies, therapies and preventative measures, intelligently combining both conventional and alternative treatments. There's an interesting chapter on protecting children from allergies, and another on specific diets for allergy and intolerance. The book is colourful and well written, with useful text boxes and listings making it easy to understand and use.

Linda Gamlin

H/b, 256pp, Quadrille Publishing, c/- Hardie Grant Books, Private Bag 1600, South Yarra 3141. Ph: 03-9827-8377. RRP \$49.95.

WILD SOLUTIONS

How Biodiversity is Money in the Bank Andrew Beattie & Paul R Ehrlich

This fascinating and readable book illustrates how, in spite of huge strides in scientific knowledge in recent years, we still know relatively little about the myriad life forms we share the planet with. New research is constantly illuminating the vital importance of the earth's biodiversity in mainaining our life support systems. In addition, scientists are constantly developing new products beneficial to humans from natural resources, including: building materials mimicking the structure of mollusc shells, lightweight wheels inspired by the structure of hedgehog spines, microbes used in the manufacture of biodegradable 'plastic', pharmaceuticals from rainforests and coral reefs. These and other amazing developments discussed in the book underline the crucial importance of biodiversity conservation and its relevance to our very survival as a species.

H/b, 239pp, Melbourne University Press, PO Box 278, Carlton South 3053. Ph: 03-9342-0319. RRP \$49.95.

DOWN HOME ON THE FARM

'You must be pleased your daughter's back from holiday,' a friend commented this week as the terrorist tragedy unfolded in America. Suni and Marcel had returned from the States just ten days previously, spending some of the time away in New York city. Believe me, we felt blessed the short holiday had been a safe, funfilled experience. Long-term readers will recall Suni spent a year in the early '90s as an exchange student just out of San Francisco. The recent trip was to celebrate the wedding of an American school friend. Many of the friendships made during the exchange period have stood the test of time and distance, email facilitating easier contact. Several girlfriends have backpacked in Oz and stayed with Suni, and one set of host parents visited late last year, enabling hospitality to be returned. Imagine the catching up that went on. 'Megg, it was seriously social. We saw so many people, went out for coffee, drinks or dinner every day, and ate so much we could hardly fit back on the plane. You wouldn't believe what it's been like. We could do with another holiday to recover!' I might add that Suni followed Marcel off the plane carrying a metre-high, brightly coloured wooden rooster that no amount of wrapping paper could hide. It was gorgeous, the gift of a friend's artist mother who specialises in arrogant roosters and enormous vibrant paintings. I'm green with envy, but any cajoling has fallen on deaf ears. The splendid creature will lord it over the lounge room of the kids' rural retreat and I'm going to have to make do with admiring glances.

Probably even a wooden cutout cockerel would be one too many. There doesn't appear to be a lot of fowls at home, but when I drive in at night and awaken the poultry with noise and light the ensuing crowing is unbelievable. The later I get in, the noisier and more frequently they all crow. It occurred to me during the last full moon that I was fortunate to be far from town and that the nearest neighbour suffers a mild hearing problem. The crowing cacoph-

ony suggests it's time to catch and cull again, especially as lots of the hens are sneaking away and going broody.

The first chicks made their appearance on September 1. The mother is smart enough to keep out of sight and trouble, so no doubt the littlies will be tough little tackers. Another broody has established a nest outside the front door, a sweet-natured creature and sister of the nasty piece of work described in the last issue. Poor chooky has a lot to put up with; a turkey hen has chosen the exact same spot for her nest and bullies the hen shamefully. I noticed the turkey there the other morning, she had monopolised around ninety percent of the nest, but what she hadn't taken into account was its small size. Her tail was well over the edge and explained why I'd been finding sticky stains on the verandah. Silly creature, every egg she has laid has dropped and broken. It will be very entertaining when she goes broody – no doubt she is assuming the chook is hiding a large clutch of her eggs.

It's a pity the geese are not practising similar population control. Admittedly, the number of eggs a goose sits on has little bearing on what's hatched and reared to adulthood - there are cold spells to endure and predators to evade – but the potential of the situation is alarming. There are geese on nests everywhere. I truly thought I'd sold off all but a half-dozen females. The leftover birds in the flock looked and sounded like males and several visiting waterfowl devotees had pronounced a similar guesstimate. When I located the twentieth nest the other night I needed more than sugar in my coffee. Most of the sitting birds have proteotive hissing partners. Visitors will be risking life and limb; if they get past one or two guard ganders in the driveway there is a particularly



Megg assisting Suni mark out her new circle herb garden.

imposing sentinel at the house yard gate and another when you step inside. He poops on the path and resents the swiftly administered broom. His lady is safely wedged into the wormwood so there is no chance of relocation and he shows all the signs of a highly strung parent. There are bound to be a few altercations after hatching. Thank goodness the census was carried out well before goose hatching or I could have had a nasty situation develop on collection day.

There is a benefit from keeping lots of poultry, endless manure for the garden. Every time I clean out a shed or rake up feathers and leaves I bag the organic matter. It doesn't take long for supplies to build up and when there are the numbers to warrant a trip I put the bags in the van, a peg on my nose, and take them over to the vegie garden. The raised beds can justifiably carry that title now, the additions of fresh chicken manure are ageing nicely and the old stuff proving effective for side dressing. Often the bags stand for a couple of weeks before being emptied, the contents rotting sufficiently so the mix can be used straight away. The smell is vastly different from the commercial mixes. I was in a garden centre recently and had to leave because my eyes and nose wouldn't stop running, the sharp all-pervading smell obviously emanating from soil mixes rather than foliar sprays. Give me a homeproduced potting mix any day.

The bags of organic matter are always eagerly sought. I gave a couple to the lady who makes my daily cappuccino, then Suni lodged an order. 'Eight bags please for my new circle herb garden.' I purchased a few bags of shearing shed mixture from the local Scouts recently and I'm dying to see the contents of these bags and how it compares with the poultry rakings. The cappuccino lady has promised a bag of cow pats in return for my donation, so there will be some different manures to trial and compare. No doubt my clothes are imbued with eau de shed soil as a result of carting bags around in the van. It's probably far nicer than eau de turkey or eau de goose.

All winter the garden sulked and slumbered and it's been wonderful watching leaves grow or blossom burst. Suddenly the garden looks a treat with colour or special touches like large clumps of garlic between daisies and roses appearing stunning. I planted globe artichokes among the flowers too, thinking they would look fantastic, but the blackbirds maliciously scratched them all out. Now little wire mesh guards kept secure with metal tent pegs keep the replacement plants safe. The lengths we have to go to for a nice garden are unbelievable.

Spare time has been at a premium and grass cutting, by necessity, has dominated any half-days set aside for gardening. The vegie garden needs attention. The combination of weedmat and sawdust is working beautifully on paths and there are just a few more metres to chip and cover, and then I'll never have a weed under foot again. Unfortunately there are plenty growing in with the vegies. It's such an exciting time in the garden that even onion weed and soursob can nearly be forgiven. I've got lots of hardened seedlings ready to transplant and Suni and I have just filled out a joint order for Diggers. How can a person spare time to go to work with the sun beckoning and the grass growing by the hour? Sorry, I have to dash . . .



One of the garlic clumps among the flowers.

PENPALS -

Hi, my name is Adrian, 46, my wife's Dianne, 52, young at heart (old hippies who never grew up). We live on 2¹/₂ acres in Tasmania and have been living an alternative lifestyle for seven years now. Before that we toured Australia for four years in an old Bedford bus. We're a two-VW family now Di's got a Beetle and I've got a Combi. I collect stamps and Di's an avid reader. And we're both Christians but don't hold that against us.

We have no children, we're both good cooks, we love a good sense of humour and we'd love to hear from you – anyone, anywhere, promising a quick reply.

Adrian Avenell, 87 Melrose Rd, ABERDEEN 7310.

Howdy people. I am looking for one and all who wish to communicate and make friends. I am a 20-year-old female who loves animals, nature, reading, writing, and who has an open mind. Ready to hear from you. I live on 10 acres in a very small town in central Queensland and find that I would like to expand my horizons via correspondence. So why not get in touch?

Eryn Coldicott (GR147) C/- PO Box 117, SEYMOUR 3661.

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SIX ACRES WITH HOME AND FLAT, town & tank water, elec, ph, good soil. Set up for calf rearing, suitable for permaculture, 100s of trees. Stockinbingal, NSW. \$125,000 ONO. Ph: 02-6943-1488.

THORA/BELLINGEN: 'Heaven' is an elevated 3 ac organic property situated at the foot of the Bellinger River Nat Pk, boasting over 120 food trees, incl citrus, nuts, tropical & natives, chook house, cubby house & goat shed. The enormous 7 b/r home has been divided into 2 separate dwellings: 1 with 3 b/rs, 2 bathrooms, huge kitchen with gas & wood stoves, walk-in pantry, built-in wardrobes, laundry & lounge room, 2car garage & workshop; the other with 4 b/rs, en suite, sunken lounge with f/place, new kitchen with gas cooking & double c/port. Both homes have covered verandahs with beautiful views of the Dorrigo escarpment. With new cork & carpet, freshly painted throughout, separate ph & gas accounts, 'Heaven' is ideal for either the largest family, 2 families, or to live in 1 home and rent the other. Highly sought-after position, close to public & Steiner schools. Owners moving to new opportunity. \$259,000. Ph: 02-6655-8525.

BELLINGEN/THORA VALLEY: North facing, 5 ac on beautiful Bellinger River, adjoins nat pk. Established orchards & enclosed vegetable gardens. Run on organic/permaculture principles for past 20 years. Two b/r home with elegant separate bathroom & composting toilet. Solar & gas. Near excel 2-teacher state school & Steiner school, 29 km from Bellingen. \$229,000. Ph: 02-6655-8532.

PROPERTY FOR SALE

NEW SOUTH WALES

FAR SOUTH COAST: ½ share in 120 ac bush block at Mt Darragh. Permanent crk with gravity feed to orchard area. Liveable shed (12 m x 6 m) with ph on. Pambula 45 mins. \$32,000. Ph: 03-5476-2238

SOLAR PRICE CRASH! See inside back cover

RIVERINA, ¾ ac, estab f/trees & vines, chook pen, Ige shed, plenty storage, town water, elec, ph, no chemicals used in over 20 years. Possible use of additional .15 ac for grazing. Surrounded by permaculture neighbours, 40 km nth Wagga, local employment. House: 3 bed, en suite, WIR, formal dining, extra kitchenette at rear of house, 90% renovated, finishing touches required. \$52,000. Ph: 02-4389-3670.

GRAFTON OR WOOLLI THIRTY MINUTES, 449 ac timbered undulating land, fenced, perm crk, gravel rd frontage, 6 km to Tucabia on nth coast, ph & school bus to boundary. One building entitlement, nice quiet spot. \$140,000 ONO. Ph: 02-6644-7121, 6 – 8.30pm please.

COASTAL LAND SHARING, Ige semi-wilderness property, 1640 ac, 3 km ocean, beach access through nat pk, 20 km nth Port Macquarie, river 2 km away, approx 180 ac of cleared land on gently rolling hills, 80 sites, no cats/dogs. We are 18 months into the project, with 60 members so far. Cost \$7000. Info/maps ph: 02-6566-0087, 02-6653-4601. Web: www.goolawah.org

NORTHERN NSW, TABULAM: Share in 6500 ac MO nestled in foothills surrounding junction of Clarence & Cataract rivers, 20 ac home site with Ige 2-storey rammed earth building. Isolated & incredibly beautiful. \$45,000 ONO. Ph: 02-6666-1384.

DRAKE, NORTHERN NSW, 16.5 ac beautiful bush block, seasonal crk, wildlife, close to r/forest & rocky crk, electricity nearby, 4 km to village & school, 45 mins to Tenterfield, 1 hr to Casino, 3 hrs to Brisbane & Gold Coast. \$20,000. Ph: 02-6665-1152.

BONALBO, NORTHERN NSW, corner block, 1012 m², 6 m x 6 m garage, Ige older home 158.14 m², Ige verandah 57.120 m², front porch 6.460, 4 b/rs, high ceilings & more. Sixty-nine km west Casino, 2½ hr to Brisbane. All town services, 5 mins to shops, schools, hospital etc. Ph; 02-6665-1152.

NORTHERN RIVERS, NSW, 4 b/r house + teenage retreat or studio on 10 ac, 240V power from solar on both. Has push-button start diesel generator for backup. Two dams, 1 spring-fed. Overlooks wetlands. One hr to coast, 15 mins to Clarence River. \$125,000. Ph: 02-6664-5235. Email: gcollier1@bigpond.com

CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires.

Call us on 03-5792-4000.

GRASSIFIEDS

DEADLINES: GR148 – OCTOBER 30TH GR149 – DECEMBER 20TH

COROWA, MURRAY RIVER: 'Wisteria Cottage', Federation style, excel condition. Four Ige b/rs, lounge, dining room etc, verandahs, shed, c/port. On beautiful organic soil, 1/4 ac. Large wisteria-covered outdoor living area. Fruit trees, heritage roses, gardens. Good location, 4 mins walk town, river, schools. \$92,000 ONO. Ph: Hugh, 02-6033-2424.

NEW ENGLAND DISTRICT, Mt Mitchell/Aqua Park, 122 ac undeveloped bush seclusion, 35% open. Eastern granite country, expansive views, all-weather access, 70% fenced. Easy power/water/ph. Great house sites, quality block, plenty potential. Only \$50,000. Ph: owner, Adrian, 02-6581-2639, 0417-066-026.

DUNOON (Lismore 21 km), 5 ac, red soil, gentle slope, views, organic veg, nuts & many fruits, native trees, grass. Three b/r house, Ige verandah, c/port, solar HWS, wood heater, sheds. \$210,000 ONO. Ph: 02-6689-5035.

TUMBARUMBA, HOBBY FARM, 12 ac, walking distance to shops & golf course, 4 b/r brick home with garage. Main road & crk frontage. Separate Ige shed & workshop, tennis court, town water, sewerage, power. Irrigated chestnut plantation with income & subdivision potential. \$190,000. Ph: 02-6023-1428.

BONDONGA, TENTERFIELD, NSW, 820 ac f/hold, 40 Mlt water licence, 4 km Mole River frontage. Country ranges from alluvial river flats to open undulating cultivation & grazing country. Bondonga boasts a 5 b/r homestead in estab gardens, a 3 b/r manager's cottage, Ige modern shearing shed, shearers' quarters, machinery sheds & cattleyards. Suit fine wool, cattle breeding, grapes, olives. \$320,000. Ph: Wayne at Bondonga on 02-6737-5513, or agent, Wilshire Birch, Tenterfield, Bruce Birch, 02-6736-1136, 02-6736-3063 AH.

TENTERFIELD, AUSTRALIA'S BEST, absolute riverfront, 300 ac set in magical hidden valley in Border Ranges. Rapids, canoeing & fishing. Owner quits. Must hurry with this one. \$65,000. Ph: 02-6737-5513.

INVERELL, ABLE TO FINANCE on \$5000 deposit, 178 ac farm. Large shearing shed conv with living accom. Good water + creek. Many extras. Urgent sale \$95,000. Barry, 0409-059-558.

NIMBIN AREA, well estab 13.5 ac farm, 3 b/r stone & timber home; pool, 4-bay Colorbond shed, bales/studio. Abundant water, great views. \$235,000 ONO. Ph: owner, 02-6689-7222.

MID NORTH COAST, NSW, idyllic setting, unique location, hidden valley with ocean glimpses, 20 ac of bush, 3 b/r old house with new bathroom & laundry. Double garage & c/port, power, ph, 3 km as crow flies from coast & 6 km by road, 18 km to Kempsey. Bus to primary & high schools. \$155,000. Ph: 02-6566-0563.

KYOGLE SHIRE, between Casino & Kyogle, power, ph, 5 ac, fenced. Must go. \$17,000 ONO. Ph: Kevin, 0415-447-990, Sydney, after 3pm. FAR SOUTH COAST NSW, inland from Eden, nat pks, rivers, crks, lakes, forest, wildlife galore. Ecotourism, forestry (carbon credits??), hobby farming, sell shares, whatever. Last sale in area 5 yrs ago at \$800 per ac. We are old & frail & need money & will sell 220 ac @ \$500 per ac = \$110,000 + 120 ac @ \$650 per ac = \$78,000. Less if you buy both! Maps & details

NYMBOIDA, FIFTY ACRES FREEHOLD, mostly regenerating forest. Plenty of water from beautiful spring-fed dam, sml timber cabin with sml loft b/r, kitchen, bathroom & spare room. Solar power 12V & 240V. Solar/wood hot water, gas & s/c/stoves, 12V fridge, 6 KVA generator, water pump & battery charger. All-weather access, 2 sheds, fully enclosed garden, some estab f/trees. Great community, 40 mins to Grafton. \$60,000. Ph: 02-6654-7970.

on 02-4784-1020.

MILTON/ULLADULLA AREA, south coast, 1/6 share in 100 ac born again Christian community. Beautiful 3 b/r home, huge dam, mach shed, solar, gen, mountain views, 25 mins town. \$115,000. Like-minded applicants appreciated. Ph: Ron. 02-4455-6744.

LOVELY SMALL SECLUDED COTTAGE — r/forest mtn setting, much wildlife. Good water supply, spring & tank. Wood chip heater, solar power, trop f/trees, school bus, + 2 ac share on MO, Channon/Nimbin area, main & 3 rooms. Price \$49,000. Ph: 02-6621-4981, or 03-9499-3463. Brigitte Zweng, 22 Clarice St, LISMORE 2480

COTTAGE, TWO TO THREE BEDROOMS, grocery store, joinery, furniture store, shedding, hay shed, hardware, Ige vegie garden, 60 f/trees, 30 grape vines. Walk-in walk-out situation. Close to school, bowls club, pub. Suitable for family of carpenter, handyman, gardener. \$85,000. Ph: John, 02-6383-2375.

FAR NORTH COAST, MOUNTAINTOP property (500 m), spectacular 300° views Mt Warning Lismore & Casino cities Hogarth range, 100 ac, 10 cleared, 4 b/r, 2 bathroom, Ige solar power system, 12 m x 9 m shed. Paradise. \$285,000 ONO. Ph: 0408-363-371.

MID NORTH COAST, 225 ac forest, panoramic mtn & ocean views. Includes self-contained cabin, solar & gas. Telephone & distance education facilities avail. Private & tranquil, no neighbours close by, 45 mins to Port Macquarie, 20 mins to Wauchope. Abundant wildlife, r/forest with natural spring-fed crk. Huge trees & unlimited potential. All hard work been done. House, sheds, water tanks, dam, f/trees estab, heavily timbered. Paradise awaits. \$200,000 ONO. Ph: 02-6582-0841.

FORTY KILOMETRES NORTH OF BATHURST, 10 ha/25 ac, building permit, fully fenced, dam, magnif views, undulating to steep, upper part cleared, lower part timbered, never supered – suit organic, 1.5 km dirt rd, SE aspect. \$54,000. Ph: 02-6332-5965 week, 02-6337-7749 w/ends. Email: daking@lisp.com.au

PROPERTY FOR SALE

NEW SOUTH WALES

PICTURESQUE OLD HOME, 5 mins rail, shop 1/2 hr Kempsey. \$56,900 ONO. Ph:02-6569-9394.

ONE HOUR MACKSVILLE, 510 ac f/hold, all timbered, residential rural. Permanent crk through middle, water laid on, ph, no power, steep mtns, sml house, outbuildings, good roads, f/trees, vegies. Will host to inspect. \$143,000. Peter Bray, Box 11, MACKSVILLE 2447.

QUEENSLAND

AMPHITHEATRE, huge water catchment. Gin Gin area, 32 ac, red & black soil, fantastic views. \$36,000. Ph: 02-6622-3493.

SECLUDED, PEACEFUL VALLEY, 2.14 ha, close to bus, school, 30 mins Beaudesert, 11/2 hr Brisbane, GC. Restored workers' cottage, separate cottage, 2 workshops, solar power (RAPS), Clivus compost toilet, wood/gas stoves. Productive vegie/orchard, bore, r/water tanks. Landscaped, reafforested. \$160,000. Ph: 07-5544-8216.

COOTHARABA NEAR NOOSA, Sunshine Coast, 10 ac, crk, surrounded by forest incl palms, monkey vines, lots of tall trees. Large tristeel shed, water tank, cleared around shed, long gravel driveway. Fifteen mins to lake & shops & pub. Peaceful, beautiful surroundings. \$98,600. Ph: 07-3348-4580.

LAND, FREEHOLD, 60 undulating ac, partly timbered, sml dam, power at boundary, fully fenced, fronting Bruce Hwy, close to Fred Haigh Dam, Gin Gin 40 km, Miriam Vale 60 km, Bundaberg 90 km. \$30,000. Ph: 03-5281-5008. SLIPPRY CREEK, BELLANGRY, nth coast NSW, 1/2 hr Port Macquarie. An opportunity to purchase 1/9 share in 200 ha + dwelling & sheds. Potentially an impressive home of 33 sq to lockup. Brick & timber construction, 4 b/rs with study overseeing an open plan living area. High raked ceilings with wood fire in lounge. Phone, water, power, school bus & mail at main road. 22 year estab community, r/forest walks, swimming holes. Price \$165,000. Ph: John 07-4946-4762 (W), 07-4946-6049 (H).

Email: horders@whitsunday.net.au

HIVESVILLE/WONDAI, charming hardwood Queenslander, wood heater/ducted cooling, town/tank water. Twelve ac bluegrass pasture. Organic garden/orchard, irrigated. Large workshop, sheds, yards. Suit sml industry, gate sales, B&B. Handy recreational dams. \$98,000. Ph: 07-4168-9806.

SUNSHINE COAST HINTERLAND, 42 ac timbered land; overlooking six peaks of Conondale Ranges Nat Pk, abundant wildlife of koalas, gliders, wallabies, frogs & birds; perm spring-fed dam; situated in township of Conondale; bitumen road & elec to front of property; 10 mins to Kenilworth & Maleny; 30 mins Sunshine Coast. \$120,000 ONO. Ph: Eva, 07-3875-5983, or 07-3843-6591.

GRASSIFIEDS

PLACING AN AD? See page 73 for details

WHITSUNDAYS: Bright timber home, 2 b/r with lovely sunroom that can be your 3rd b/r. Carport, BBQ, shadehouse, water, ph & garbage service. School at end of block with high school bus at door. This much-loved home is ready to walk right in. Only 45 mins to Airlie Beach & 15 mins from first-class golf course & beach. Only \$68,000. Ph: 07-4947-5786.

DUCKINWILLA: Isolation & self-suff 1/2 hr from Hervey Bay/Maryborough, 10 mins from school & town. 140 ac, 4 dams, millable timber, pump, Fordson tractor, combine, 40+ f/trees, pig/chook pens, r/water tanks. Five b/r rustic home on solar power, Ige 12V freezer, gas fridge, Ige verandahs, 2-way bathroom/WC, country kitchen, open living, wood heating. Must self, living interstate. \$110,000. Ph: 0427-294-290, 03-5025-2538. Email: when99@hotmail.com

NANANGO SHIRE, SE Qld, 81/2 ac, dams, partly cleared, flood free. Bitumen access, power, ph nearby. Close to Bunya Mtns & Tarong Power Station. Reduced to \$15,000. Vendors terms on \$5000 deposit considered. Ph: 02-6585-9310.

SERENDIPITY, 1/13 share in 850 ac MO, 10 ac residential site of which 2 ac are cleared. Large bush shed, dam, next to Bundjalung Nat Pk, 20 mins to Evans Head, 40 mins Lismore, NSW. \$50,000. Ph: 07-5496-3316.

FOOTHILLS OF BUNYA MOUNTAINS, secluded, 14 km Maidenwell, 40 km Nanango, 50 km Kingaroy, school bus route, the only 5 ac block in this area, 4 yr old gas/electric Hardyflex home, insulated, combustion heater, open plan, 3 b/r (poss 5), office, ramp from laundry door, 2 verandahs, 1 patio overlooks gardens, shadehouse, 2 dams, Ige sheds. Suit artist, bushwalkers, alternative lifestyle, writers, hobbyist or guest house. \$120,000. Ph: 07-4164-6221.

WARWICK: 142 ac, 2 houses, NE aspect, great views. Long crk frontage, gently undulating to crk flats, 45 ac cultivated, 10 Mlt licence. Sheds, stables, cattle yards, silo, good fences. Asking \$295,000. Trade down considered. Ph: 07-4664-8660.

HERVEY BAY AREA, 160 f/hold ac, price drop again — must sell, private sale. Hervey Bay 70 km, Brisbane 270 km, wildlife, mill hardwoods crop significantly fenced, uncleared, undulating, perm crk, 34" rain, hut, dam, tank, power avail. \$85,000. Visit, enquire, reverse charges: 07-4128-4617 AH.

MOUNT PERRY, 550 secluded ac, 2 km river frontage, hills, valleys, river flats. This property has it all, 25 km from Gin Gin schools & shops. Subdivision approved into 2 lots, 40-ac lease optional extra. Spring & pump licence. \$125,000 ONO. Ph: 07-4126-2772.

WARWICK AREA, 80 ac, fenced, magnif mountain views, 3 b/r house, power, ph. More details ph: 07-4667-4968.

SOLAR PRICE CRASH! See inside back cover

HERVEY BAY 1 hr, Maryborough ½ hr, ¾ ac with c/van, septic & shower, f/trees, waterhole etc, mail delivery, grass roots lifestyle is achievable here. \$12,000 ONO. Ph: 07-4129-6294.

MALENY, TWENTY-EIGHT ACRES, 15 mins into town, steep ridge NE slope, high land. Suitable for pole home, alternative technology & lifestyle. Views to Conondale valley, r/forest on opposite ridge. Old c/van, peaceful, uncleared open forest. Bellbird country, abundant wildlife. \$108,000. Ph: 07-3300-9643.

SECLUSION OR RETIREMENT, 30 ac bush west of Brisbane. Council approved 2 b/r home with combustion stove, tanks, dam, generator power. Grow your own food. Goranba via Dalby or Tara. You see you buy. \$40,000. Ph: owner, 07-4665-3669.

RESTORED QUEENSLANDER, 22 km SE Gin Gin, 75 km Coral Coast, 25 ac fully fenced rural retreat with panoramic views, perm crk, bore, tanks, estab gardens & f/trees. \$118,000. Ph: 07-4157-6547.

PEACEFUL OLDER STYLE HOME on 26 ac, mtn views. Located in Bouldercombe area, 25 mins from Rockhampton. \$120,000. Ph: 07-4934-0387

Email: pat@cqnet.com.au

BUSH BLOCKS, 20 ac, trees, birds, Millmerran, Qld. No deposit, vendor finance. Ph: 07-4695-4236.

SECLUDED 830 ACRES, some scrub, mtn views, ½ hr from Gin Gin. \$90,000. Ph: 07-4157-2972.

KOOKABURRA PARK, Queensland's largest Eco-village. Straw bale houses. We will build for you or help you build on your block at Kookaburra Park. Land from \$30,000 for 1 ac f/hold. For more info ph: Barry Davies, 07-4157-2850. Or look at our website:

www.kookaburra.eco-village.com.au

RAINFOREST RETREAT & sml camping area 2 km from nat pk, situated on pristine crk. Enviro-friendly, requires partner. This 20 ac property has huge potential in alternative tourism market. Website: www.bushcamp.net or ph: 07-4958-3204.

VICTORIA

NEAR BENDIGO, 17 ac bushland with power, ph, school bus, dam, cleared house site. \$40,000 on \$5000 deposit, 12 months to pay. Ph: owner, 03-9376-5252, 0408-509-737.

PICTURESQUE AND PEACEFUL: Mitta Mitta NE Vic, 16 ac. Shed/workshop with living area, solar 12V & water. Significant native garden, exotics & orchard. Valley views, water race feature, adjoins native forest. Offers invited. Ph: 02-6027-0636, or 0419-922-389.

NO ENDORSEMENT

Grassifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein. W

PROPERTY FOR SALE

VICTORIA

BARKLY, VIC, NEAR AVOCA & Pyrenees Ranges, 3 ac farmlet, some trees, elec avail. \$11,500 ONO. Terms avail, must sell. Contact: Bev. 03-5156-8575.

APPROXIMATELY TWO ACRES BUSH BLOCK near 'the Prom'. Fabulous flora, fauna & f/trees. Brick, 3 b/rs, cosy fire, verandahs, extensive shedding. Ph: 03-9754-1495.

TARNAGULLA, near Bendigo, 14 ac fenced, winter crk, backs onto state forest, front treed, rest cleared, govt road. Very pretty. \$25,000 ONO. Ph: 03-5659-0225.

BEECHWORTH/STANLEY, 2 ac, 3 b/r cedar timber home (12 sq) evap aircon, wood heater, double garage, sheds, chestnut grove, orchard, bore/rainwater. \$130,000. Ph: 03-5728-6771, 0438-286-771

MURRAY RIVER, BARMAH FOREST, 35 km NE Echuca, Vic, 3 historic buildings circa 1880s, 2 huge w/shops + 3 ph/p, 11 ac (3 f/hold). Chook & duck yard, vegie garden, hothouse, orchard, cottage gardens. Currently operating as woodworks gallery & residence. Unique ecotourism site with unlimited income earning opportunities. Offers over \$250,000. For more info contact owner, ph: 03-5869-3358. Email: moiragums@yahoo.com

TASMANIA

TWO LIFESTYLE BUSINESSES, f/hold on 5 titles, NW Tasmania seaside town. 'TWO OAKS' garden nursery, gallery & cafe featuring unique 3 storey building. 'SOMERSET GARDENS' cabin & tourist park with fully serviced sites & 8 cabins. Both businesses are set amongst extensive Findscaped grounds with ample room for expansion. Ph: 03-6435-2322, fax: 03-6435-1431.

UNIQUE LIFESTYLE Tasmanian East Coast. Three b/r home + sunroom, built-ins every room, 60' barn & studio. Approximately 2 ac fully fenced, perm rivulet, town & r/water, well-estab organic fruit & vegie gardens, sml flock of sheep & chooks incl. Five mins walk to fully serviced town + hospital & schools, 10 mins drive to beaches. \$89,000. Ph: owners, 03-6372-2460.

ATTENTION GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoid racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- When writing in reply to Contact ads, please bear in mind that most advertisers do not wish to receive 'R'-rated letters.

GRASSIFIEDS

DEADLINES: GR148 – OCTOBER 30TH GR149 – DECEMBER 20TH

BREAM CREEK: SPLENDID RESIDENCE on 16 ha/40 ac, east sloping seaward, magnif ocean views, 8 ac pasture, balance wet/dry schlerophyll habitat. Two dams, fire pump, elec fencing, 8000 gal water storage for house. Three b/r pole house, open living space, large Steelfire slow burner, wide verandah 17 m long/partially covered in Lazerlite. Half-completed studio with slab. Round yard, holding paddock & infrastructure materials galore. Beautiful setting, great vibe, 40 mins Hobart, 30 mins airport, 25 km from Sorell. \$200,000.

HUON VALLEY: 3 – 4 b/r Federation cottage on 13 ac with uninterrupted river & mtn views, 35 mins from Hobart. Four fireplaces, Yotel wood heater, spa bath, town water, ph & elec. Subdividable. \$150,000. Ph: 02-6689-5770. More info: http://www.geocities.com/cuearn/franklinhome.html

Ph: 03-6253-5777.

SOUTHERN TASMANIA, 2 bed celery top, nth aspect, bush, privacy, french doors, Ige windows, verandahs, complete solar power system incl gen, gas & wood, f/trees, dam, pump, r/water tanks, studio. Separate shed with room attached, 40 ha. Currently let for \$100/week. Hour south Hobart. Offers over \$70,000. Ph: 07-4039-0740.

NORTH-WEST TASMANIA, 9.902 ha, f/hold, beautiful r/forest, never logged. Hut, s/c/stove with hot water, wood shed, chook house. Good basalt soil, good water supply, estab vegie gardens, f/trees. \$42,000. More info write to: H Lee. LORINNA 7306.

BUY OR RENT, St Marys, Tas, 3 b/r house with vegetables, flowers, 22 varieties fruits. Wonderful mtn views, 12 mins to excel east coast beaches. Walk to schools, shops, hospital (RNs required). \$70,000 or \$120 pw. Ph: 03-6372-2671.

AMISH-STYLE COMMUNITY, see ad in 'Communities/Shares'.

NORTHERN TERRITORY

AN OPPORTUNITY IN ALICE SPRINGS: Multipurpose spiritual complex, paradoxically close to the CBD & industrial area, comprising yoga/meditation hall, office, magnif 2-storey 4 b/r house with swimming pool & private garden backing onto natural bushland, 2 self-cont flats & other accom & very large warehouse/workshop space with adjoining therapy room. Interesting arid zone permaculture possibilities. Enquiries: 08-8952-8641.

SOUTH AUSTRALIA

BUSH RETREAT, FLEURIEU PENINSULA, SA, 52.26 ha (130 ac), fenced. Gently undulating, unspoilt native bush, 30 ac cleared, native wildlife, sea views; 11/2 hrs south of Adelaide near Deep Creek Conservation Park, 20 x 40 ft

shed, dam, good r/fall, elec supply nearby, building approval granted. \$175,000. Ph/fax: 08-8558-8376.

COOBER PEDY GEMFIELDS, Lot 2016. Substantial work done on 2-room miners' dwelling. Suit persons with initiative for building with materials avail to assist in completion to own desires, 20 x 10 ft shed also on block of 50 sq m, 38 ft bus temporary accom, inclusive in price. \$9500. Full details ph: 08-8672-5686, fax: 08-8672-5553.

WESTERN AUSTRALIA

MOUNT BARKER AREA, 1/2 ac, Ige shed, c/van, machinery, hothouses, power & water, council approval for organic nursery. \$20,000. Ph: 0419-920-113

NANNUP, 14 acres permie paradise – abundant water, fruit, biodiversity. Solar 12V house. Hard work done. Suit fruitarian, survivalist, organic enterprise. \$185,000 ONO, or swap Perth Hills similar. Ph: 0438-919-553.

COMMUNITIES/SHARES

TAREE NSW, 40 km NW of, 7 shares for sale in 12 member estab co-operative, 1259 ac adjoining state forest, in process of MO development. Springs, perm water, power, ph, swimming holes, 700 m mtn peak, steep, forested, r/forest pockets, secluded valley, 30 mins to town. \$35,000 – \$40,000 each, 10% deposit, balance payable on development approval. Ph: 02-6550-7229, or 02-6550-7324.

Email: peakex@tpg.com.au

Website: http://mo.ontheinternet.com.au

NEW ALTERNATE COMMUNITY starting, mid north coast NSW, modelled on Bundagen community (Coffs Harbour), 80 sites, near ocean beach & river. \$7000/share. See ad: 'Coastal Land Sharing' under 'Property NSW'.

AMISH-STYLE COMMUNITY. Do you want to live in a 'Little Promised Land'? An Amish-style community is about to be set up in a remote coastal area of Tasmania. Its members intend living by easy-to-understand community rules based strictly on God's law. We are at present considering a large acreage that lends itself to fishing & organic vegie & fruit production. We invite those who desire the same to contact us at this early stage. As individual families we have witnessed so many casualties around us. Many of us have protected our families by home schooling our children etc. only to find our offspring can't find mates. Though we do advocate simplicity, for outreach purposes you may look up our website at: www.littlepromised land.com If you're prepared to change your lifestyle & in faith live by the laws of God, we'd like to hear from you: E Morris, Little Promised Land Community, PO Box 1183, MARYBOR-OUGH, Qld 4650, or ph: 07-4124-9735, or 0427-224-886. Email: patriarchs@hotmail.com

Don't forget to include your area code with your phone number. It's best to set it out as 00-0000-0000. w

COMMUNITIES/SHARES

UNIQUE LIVING EXPERIENCE: Round The Bend Conservation Co-Operative. Fifty minutes NE of Melbourne on 326 ac of bushland. A community dedicated to conservation & low impact bush settlement (not self-suff), shares available. Contact: Fabio, 03-9712-0615; Kerry, 03-9712-0354. Or at: www.netspace.net.au/~kerryc

PROPERTY WANTED

WANTED ON VENDOR TERMS: Couple looking for land between Mackay & Townsville with power, water & dwelling. Between 10 & 50 ac in the hinterlands. Ph: 0417-771-753.

ARTIST-SCULPTOR LOOKING FOR MOUNTAIN, boulder covered, swamp, cliff edge, impossible or genuinely weird property anywhere in Oz. Got that yourself or know a farmer who wants to subdivide off a 'useless' section? Must be big, dramatic & interesting, building permit not necessary, remote okay, cash buyer. Ron McBeth, PO Box 258, POTTS POINT 2011. Email: ron@mcbeth.com

FAMILY OF FOUR looking for around 2 ac property with large enough home around Moruya NSW. No more than 2 – 3 km out of town. Preferably avail before start of 2002 school year. This family is on a budget. Ph: 02-9983-9306.

LARGE REMOTE COASTAL ACREAGE, see ad in 'Communities/Shares'.

FOR RENT/CARETAKER WANTED

LOW RENT, SOLAR COTTAGE, communal farm, goats, hens, garden to care for. Suit single person, no children/pets/smoking. Bega Valley. Late January for 3 months. Ph: Pauline, 02-6493-2032.

RETIRED/PERSON/COUPLE/PENSIONER caretake r/forest, cattle, agroforestry property west of Mackay. Nonsmoker. No pets. School nearby. Large 2 b/r farmhouse with modern conveniences, verandah overlooking crk. Free accom in return for work, establish permaculture, pruning, fencing, weed control. This position avail March 2002 for nine months a year ongoing. The suitable applicant would need to have flexibility to vacate house approx 8 - 10 weeks, Jan, Feb. Swap accom avail in Townsville during this time. Needing able, reliable handyperson, rural experience preferable, resourceful, good interpersonal skills. Performance based, review arrangement every year. Send resume, references: Alan Chapman, Box 3215 Hermit Park, TOWNSVILLE, Qid 4812. Fax: 07-4724-2559.

HOUSE SITTER REQUIRED August, September, October 2002. Seniors preferred, no children, dogs or cats. Glenreagh 2450. Ph: 02-6649-2078.

Please print your ad clearly so we can do likewise. W

GRASSIFIEDS

PLACING AN AD? See page 73 for details

PERSON(S) TO SHARE HOUSE, c/van, secluded Hunter bush block, 60 km Newcastle. Ph; 02-4938-2036.

BUSINESS FOR SALE

BONALBO, FREEHOLD LIFE IN PARADISE, 2 shops: one, your own expanding second-hand tender business, other rented out to pay your bills. \$69,000. Ph: 02-6663-1457.

BUSINESSES: SERVICE STATION & STOCK-FEED business, in country area, suitable for family, Ph: 07-4157-2972.

MASSAGE AND HEALING CENTRE: Thriving business for sale in beautiful NSW, north coast town, estab 10 years, suit 2 sole traders, room for expansion, low rent. WIWO, POA. Ph: 02-6672-6531.

WANTED TO RENT/CARE-TAKE

AVAILABLE TO CARETAKE, 2 responsible women & 2 dogs, anywhere considered. Emily, PO Box 3124, BATEAU BAY, NSW 2261.

RESPONSIBLE, FIT COUPLE with 2 school children, looking to housesit or rent in Tasmania. Excellent references, very houseproud, enjoy gardening, handyman skills. Ph: lan, 08-8363-3662, or 0419-848-847.

RESPONSIBLE FAMILY SEEKS HOUSE (3 b/rs +) & land for rent/caretaking from December 2001. Prefer Blue Mountains to Hartley or Goulburn/Canberra environs. Can pay 6 – 12 months rent up front. Ph: Ann or Alex, 02-4759-1388.

Email: damopn57@aol.com

WANTED

REFUGEE RELIEF WORKERS wanted to Manado, Indonesia, during November, with church-based mission. Teaching & practical skills in permaculture, mudbrick building, tropical agriculture, water provision. Ph: Oliver, 02-9949-7804

OPPORTUNITIES

DREAMS: Do you remember your dreams? Do you believe that many of them are prophetic? If so you may be interested in joining the dream-co-op. This group is dedicated to pooling future information for pleasure & profit. Eg: We have correctly named the winners of the last 3 Melbourne Cups. Please contact Ron on 02-9791-9460 BH, NSW, or leave your phone no on the recorder.

SOLAR PRICE CRASH! See inside back cover

AMISH-STYLE COMMUNITY, see ad in 'Communities/Shares'.

ILLAWARRA BOOK SHOP for sale. Owner leaving town. Hugely varied stock, incl antiquarian. Definitely not your average book shop Needs a romantic with a head for books. Ph: Elizabeth, 02-4226-9966.

Email: pereysbk@bigpond.net.au .

PUBLICATIONS

'GRASS ROOTS' 55 issues 42 - 99 (67 & 69 missing). \$120 incl postage. Ph: 02-6689-5035 'GRASS ROOTS' nos: 22, 57 - 110. \$1.20 ea. Ph: 07-4096-5716

SOLAR PRICE CRASH! See inside back cover.

*NATIVE STINGLESS BEES' for profit or plea sure – how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

'NEW VEGETARIAN & NATURAL HEALTH', the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

FREE BOOK OFFER: Finding Peace Within is a small book currently available FREE to anyone seeking inner peace & relief from anxiety & stress. For your copy write to: Free Book Offer, PO Box 2228, LOGAN CITY DC, Qld 4114.

BOOKS, OLD AND NEW, send for general list R Suters, PO Box 127, FIGTREE 2525.

'NIMBIN NEWS MAGAZINE', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestylers & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 issues for \$20, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

HOME EDUCATION, for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

STEINER HOME SCHOOLING? A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 329, BLACKHEATH 2785. Ph: 02-4787-5335, fax: 02-4787-5339. Visa-Mastercard

www:users.bigpond.com/goldenbeetlebooks/

Cost of Grassified ads does not include any extra formatting: extra bold text, indents, spaces, stars or other symbols. If you require an ad with formatting please enquire about our display advertising rates, Call Sue on 03-5792-4000. W

PUBLICATIONS

BOOKS, NEW AND OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

ARTHRITIS – natural remedies booklet \$10, incl postage. Send to: S Ochtman, 162 Wender Rd, KYOGLE 2474.

FOOD & KITCHEN

QUALITY GRAINMILL AND JUICER PROD-UCTS, manual & elec, ph: 02-4751-2477, Web: www.iucers.com

WOULD YOU LIKE TO COOK your own truly authentic curries at home? Send for our free brochure to: Pukka Curries, PO Box 5223, TORQUAY, Qld 4655. Please enclose a 45 cent stamp.

STONE GROUND FLOUR, in-home, with a SCHNITZER German quality hand or electric stone mill, 10 models, from \$178. Send SAE for Info, add \$5 for video. SCHNITZER MILLS, PO Box 1867, BOWRAL 2576. Ph: 02-4861-1581, fax: 02-4861-1249. Visit our website at www.schnitzer.com.au

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. www.retsel.com.au

MISCELLANEOUS

SOLAR ELECTRONIC DEVICES AVAILABLE: Battery Charger Regulator with SLA Battery, IR Remote controller with SLA Battery, Mains Failure Senso_{1x} Changeover, Daylight Sensitive One Shot Timer, Daylight Sensitive Switch. ALSO AVAILABLE: Tracking Solar Panel Arrays & Components, Complete Solar Power Installations. For more info contact: Joe Moio, Ph. 02-4565-0061.

Email: jpmpower@pnc.com.au

BHUDEVI, THE PUREST GOODIES on the Planet! At reduced prices.

www.bhudevi.com.au Ph: 07-5527-6828.

EARTH BUILDERS: My partner and I are venturing over to the eastern states, mid Oct-Nov and are interested in visiting people who are/have built earth rammed houses to further understand the ins & outs of this building concept. We would be most appreciative of any feedback. Please ph: 08-8978-6468, leave a message & we'll contact you.

MUSIC MUSIC MUSIC – signed CD direct from artist. Every 10th order sent for FREE with payment returned. 18 original songs. One hr of music. Only \$15. C C La Due, PO Box 1216, TOOMBUL, Qld 4012.

Make your editor smile - Punctuate when writing ads for Grass Roots Grassifieds.

GRASSIFIEDS

DEADLINES: GR148 -- OCTOBER 30TH GR149 -- DECEMBER 20TH

SOLAR PRICE CRASH! See inside back cover.

RECONDITION LEAD/ACID BATTERIES at a fraction of replacement. This electrochemistry really works — not a girmmick. Try my easy method of derusting your nails, bolts, screws etc. Don't discard, just derust. More info send stamped SAE: DMD Recycling Systems, PO Box 122, ONGERUP, WA 6336.

Email: dooly@westnet.com.au

FENG SHUI REPORTS BY CORRESPONDENCE from picture(s) of your place & DOB. Consultations in person in Melbourne metropolitan area. Ph: Isabelle, 03-9514-4640, 0411-541-175.

Email: yinyang@foxall.com.au

SEPTIC TANKS – HOW TO BUILD or how to maintain one. Don't desludge! Treat the cause. Booklet \$20. HG Stephens, PO Box 18, EAST MELBOURNE 3002.

HOW TO MAKE MONEY selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050. Website: www.supermoulds.com.au

'STRATH STEAM': stationary steam power generating systems. Ph: 08-8555-5257.

TEEPES, VIKING TENTS, medieval tents, swags, buckskin clothing. Seventeen years experience. BOJO PRODUCTS, PO Box 112, AVENEL 3664. Ph: 0412-368-034, 03-5796-2753 AH. Email: bojo_products@hotmail.com www.frojet.com/members/bojo

HEALTH & BEAUTY

ASK FOR YOUR HEALTHY LIFESTYLE PRO-GRAM. Naturopathic Research Centre, 45 High St. URANGA 2455.

Email: rosemary75@telstra.easymail.com.au HOMEMADE HERBAL CRAFT GIFTS made from all natural products (ideal Christmas presents). For brochure contact: Nutricell Marketing, 15 Ennio Court, MACKAY 4740. Ph: 07-4952-3059. Email: nutricell@optusnet.com.au

NATURAL SKIN PROTECTION AND MOISTURISING CREAM. Contains no solvents, petroleum products, chemicals or synthetics. Benefits all rashes including nappy rash, chafed, cracked & dry skin, dermatitis, eczema, psoriasis, cuts & abrasions. Ideal facial moisturiser. For brochure contact: Nutricell Marketing, 15 Ennio Court, MACKAY 4740. Ph: 07-4952-3059. Email: nutricell@optusnet.com.au

CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires.

Call us on 03-5792-4000.

ORGANICALLY GROWN TRADITIONAL herbal remedies for everyday conditions, arthritis, psoriasis etc. For catalogue please send stamped self-addressed envelope to: Tintagel Herbs, PO Box 27, CENTRAL TILBA, NSW 2546.

SKIN CARE PRODUCTS: 100% naturally made by Enigmatique. Treat yourself to chemical-free products: cleansers, shampoos, creams, deodorant. Search our website: http://home.iprimus.com.au/debbgood for extensive range.

Email: enigmatique@iprimus.com.au, or ph: 07-4152-5472 for brochure.

ZAPPY NAPPY 'Nappies that don't cost the Earth'. Made of 100% cotton flannelette. One size fits newborn to trainers. Waterproof/breathable overpants, extra liners, patchwork bunny rugs, premature infant nappies and doll nappies. All of our products are quality Australian made. To order please tel/fax: 07-5442-8033, or write to: Zappy Nappy, PO Box 260, EUMUNDI, Qld 4562. Wholesale distributors are required in most areas. Please contact Zappy Nappy for more info.

INCREASE YOUR ENERGY LEVEL, strengthen your immune system. It's natural & it's safe. Fight against colds, high blood pressure, stress, yeast problems, Ross River, chronic fatigue, many different forms of virus & infection. Comes with 30 days money-back guarantee. For more info fax: 07-3803-2375. Post to PO Box 210, WATERFORD 4133.

Email: a_newstart@bigpond.com

FOR SALE

HONDA DIESEL 5KVA 2 months old. Push start & stop system in house, 6 batteries, 12 months old, BP Solar PV Stor 2P1110, Trace inverter DR series 1500 watts. \$9500. Ph: 03-5794-1837.

CREAM SEPARATOR, 30 gal/hour, handcranked, \$50, Ph; 08-8353-5681.

BUSHMAN LP GAS 350 lt refrigerator, 2 door, VGC. \$2200 ONO. Ph: 03-5856-1334.

SOLAR PRICE CRASH! See inside back cover

DMD MAGIC PEN: Engrave/write/draw on metals/glass etc. Real diamond tip will cut glass. \$12. Money order payable: DMD Recycling, Box 122, ONGERUP, WA 6336.

BECAUSE WE'RE OFF TO VIETNAM soon to help the 3rd world kids, the 3 Sisters tea & coffee lounge is for sale. Our exclusive teas (81 of them), good coffee & simple menu makes this place in the BLUE MOUNTAINS your next stop to visit. We have mail order teas for social occasions to medicinal purposes. \$160,000. Training provided. Kindly ph: 02-4782-1544, fax: 02-4782-6911. Ask for Angela.

GLOCKMANN '160' WATER PUMP. New in box. Free energy from '/2 metre drop, 1 lt/sec flow rate. Cost \$998. Offers? Ph: 08-9844-7906. Fax: 08-9844-8426.

COURSES

SOLAR PRICE CRASH! See inside back

COURSES

PERMACULTURE DESIGN COURSE at Crystal Waters, A holistic, integrated, balanced & fun approach to learning - providing opportunities to develop practical, theoretical & philosophical understandings of permaculture. April 6 - 20, 2002. Tutors: Morag Gamble, Evan Raymond, Max Lindegger, Barb Knudsen & Jenny Allen, Also HANDS-ON PERMACUL-TURE WORKSHOP Dec 1 - 2, 2001 & Jan 26 - 27, 2002. Ph; 07-5494-4833

Email: courses@permaculture.au.com Web: www.permaculture.au.com

PHOTO-JOURNALISM: sell your photos &

words around the world. Personal tuition by Trever J Wilkins. Over 30 years professional experience. Ph: 07-3409-1960.

Email: trev@canoeworld.com.

HOW CAN MY GARDEN BUILD a better future? Free permaculture ideas & advice is online at www.ozemail.com.au/~askpv/. Students & graduates in now 22 countries. Permaculture Visions International, MT KEMBLA VILLAGE, NSW 2526. STUDY PSYCHOLOGICAL ASTROLOGY to practitioner level from home. Prospectus: Astral Connections, PO Box 62, ST GEORGES BASIN, 2540 NSW. www.shoal.net.au/~astraic INTRODUCTION TO PERMACULTURE, permaculture basics, hands-on, no-dig, bush regeneration. Field trips Bribie, Burpengary, Eudlo, 5 Fridays from Oct 12. Ph: Carol Payne, 07-5499-0959.

GARDENING: Park Lane, ORGANIC Wangaratta's rural campus of the Goulburn Ovens Institute of TAFE are running an organic gardening course starting 6 October 2001. Topics covered will be composting, soils, nutrition, pest & disease control & certification. Places are limited. Enrol now! For further info contact Kerry during work hours on: 03-5723-6138. Email: kcraig@gotafe.vic.edu.au

PERMACULTURE DESIGN CERTIFICATE COURSE: 2 week residential course at the sustainable Agriculture Research Institute, Nannup, WA. Nov 26 - Dec 7. Tutors Jeff Nugent & Julia Boniface. For more info ph: 08-9756-1014, or 9756-1271. Web: www.permacultureplants.com INTRO TO PERMACULTURE DESIGN: Spring/Summer 2001, accredited courses, run in Bendigo, 36 hr duration. For further info, ph: Evan Davies at 'Gravel Hill Gardens' on 0419-472-835. MUDBRICK BUILDING WORKSHOPS. Nowra, NSW. Ph Stephen Daly: 02-4446-0314. Web: www.shoal.net.au/~sdaly/mudbrick.html PERMACULTURE DESIGN COURSES with Rick & Naomi Coleman, Southern Cross Permaculture Institute. Next course March 8 -23, 2001. Call Naomi: 03-5664-3301 for info or, email: scpi@tpg.com.au

CORRESPONDENCE COURSES: Aromatherapy Dip, Vitamin-Nutrition Dip, herbs, animal therapies (the Green Vet), folk medicine, psychic healing, Celtic, wicca, psychic selfdevelopment. Free brochure, ph: 02-9319-6166, or write: PO Box 138, SURRY HILLS, NSW 2010. Email: chrysalis@powerup.com.au

GRASSIFIEDS

PLACING AN AD? See page 73 for details

GARDEN & ORCHARD

RAINFOREST SEED COLLECTORS national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed - free subs. RSC. Private Mail Bag. BELLINGEN 2454. Ph: 02-6655-2233

SOLAR PRICE CRASH! See inside back cover. GOURDS, SEEDS, BOOKS AVAILABLE NOW! In our new catalogue. Send 4 stamps to: The Gourd Father, PO Box 298 GR, EAST MAITLAND 2323. SPECIAL OFFER! Book on growing & drying gourds plus 2 pkts seeds mixed, 1 sml & 1 lge, plus free catalogue, \$27.90 incl p&h & GST.

SEEDS AND/OR INFORMATION on Indian Narangba(h) tree. Write: Avon-Leigh, MS599, JANDOWAE 4410. Ph: 07-4668-6131.

Email: argusint@growzone.com.au

BUNYA NUT BUSH FOOD: 1200 2 yr old tubestock. What offers? Ph: 02-6571-1723.

BAMBOO PLANTS, Ige range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

COMPANION PLANTING CHART: over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow When Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

HOLIDAYS

CANOEWORLD.COM'S family holiday house. No phone, no TV. Use our cycles & canoes free. Explore beautiful, peaceful, historical Russell Island. See website or ph: 07-3409-1960

NIMBIN AREA, cabin, caravans, subtropical garden, inside large community. Ph: 02-6633-7037. Web: www.spot.com.au/~sundara

FINCH HATTON GORGE, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204, Website: www.bushcamp.net

MORUYA - FAR SOUTH COAST NSW. bush cabins, romantic 1 b/r and family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. \$300 per week, \$125 per weekend. Ph: 02-4474-2542

LAMINGTON GLEN, r/forest retreat, secluded cabin - everything supplied except food. Ph: 07-5544-8166.

SERVICES OFFERED

RONITA, INDIAN CLAIRVOYANT, genuine service at reasonable rates. Ph: 03-5176-2521 from 11am - 8pm. \$35 for 15 mins. Credit card only. Also visit: www.ronitapsychic.com for one free email question.

SPIRITUAL COUNSELLING: Send 3 questions + \$30 + stamp & receive channelled answers, to: Mrs Gisladottir, PO Box 63, KENDENUP, WA 6323, Ph: 08-9851-4516. HOME PLANS. 'The Earth Builders Plan Catalogue' (180 pages): 92 plans for handcrafted buildings (83 homes and 9 workshops, cabins, and carports) of mudbrick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; usable sample working of a home (12 x A3 sheets). Mail \$75 (p&p incl) to: John Barton - Building Design, 31 Sharp St, NEWTOWN, Vic 3220. Enquiries to ph/fax: 03-5222-5774 for fixed quote to draw and document your home plan. Bankcard, Visa, Mastercard, cheques accepted. Free brochure

HANDCRAFTS

available. Email: jbarton@pipeline.com.au

BEADS BEADS - unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Catalogue is \$10 with samples. Please send payment to: Tsunami, PO Box 129, WALPOLE 6398.

LIVESTOCK

'PINEROCK' Dairy Goat Stud, now relocated to Beechworth, Vic. Ph: 03-5728-1423. LOVABLE LAWNMOWERS - miniature hors-

es/ponies - delightful pets. Tiny Dexter steers. Ph: SA, 08-8556-7442.

CLUBS

NATIONAL ALLERGY ASSOCIATION of Australia (NAAA) and ECO-CHOICE (our mailorder store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48. HARRIS PARK, NSW 2150, Email: naaaauz@yahoo.com. Ph: 0415-928-028.

CALENDAR EVENTS

WAGGA WAGGA ALTERNATIVE EXPO INC will be held at the PCYC Complex, Gurwood St. Wagga Wagga, on Saturday 10 & Sunday 11 November 2001. Open 10am to 6pm daily. The Expo will be an exciting festival, focusing on alternative & natural products & services, natural health, personal & alternative growth groups, tarot & clairvoyants, craft, health products. Proceeds will go to the Wagga branch of PCYC.

ADVICE FOR CONTACTS ADVERTISERS

- · Never use your full name, a first name is fine.
- · It's safer to use a PO box than your home address.
 - Never give your work phone number.
- · Arrange a first meeting at a neutral crowded place such as a shopping centre.
- Don't rush things. Be sure about where you are heading.
- Ask lots of questions and remember the answers. W

CALENDAR EVENTS

TALLOWOOD SCHOOL'S 6th annual handmade houses tour 13 & 14 October 2001. Tallowood School's major fundraiser for the year & part of the 'Back to Bowra' festival. The tour consists of a two-day self-drive tour around the beautiful Nambucca Valley, visiting and inspecting up to 20 alternative/unique homes, buildings & gardens, incl homes of stone & wood construction, mudbrick, sandstone block, mud & sawdust packing & pole houses, featuring the use of solar power, recycled & reject materials. Owner/builders will be avail for discussion. For eng contact: Tallowood School, ph/fax: 02-6564-7619, or email: tallow@nor.com.au Faye Welsh, 02-6564-4003, ph/fax: or ffwelsh@nvi.net.au Marion Syratt, ph: 02-6564-7908. Email: jordan@midcoast.com.au

CONTACTS

NEW SOUTH WALES

FEMALE FIFTY-TWO, seeks correspondence with intelligent male similar age must be financially independent, GSOH, leftish, nonreligious, Sydney, Blue Mts to Bathurst area. If you enjoy talking, reading, politics, art galleries, classical, jazz, folk music, bushwalking, I'd love to hear from you. 'Pinky' (GR147), C/- PO Box 117, SEYMOUR 3661.

LADY SEEKS WILLING WORKERS interested renovate 130 yr old home, previous hotel, near GRAFTON. Maybe exchange rent for labour? Nice area. Ph: Charmaine, 02-6644-5774.

SLIM LADY, 70, interests: movies, arts, travel, animals, n/s. Companionship, tall gent, close age. Contact Avis (GR147), C/- PO Box 117, SEYMOUR 3661.

CON, ACTS

QUEENSLAND

ATTRACTIVE ASIAN LADY, 48, seeking soul-mate. Ph: 07-4154-2207.

LADY IN SIXTIES, slim, dresses well, likes good conversation, loves animals & the country, needs some good male company (prefer tall man who also loves the bush life), must be romantic & young at heart. Marjorie (GR147), C/- PO Box 117, SEYMOUR 3661.

DON'T WANT YOUR ADDRESS PUBLISHED?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 117, Seymour 3661 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$10 for this service, so please add this to the amount when calculating the cost of your ad and include it with your Contacts Grassified. W

GRASSIFIEDS

DEADLINES: GR148 – OCTOBER 30TH GR149 – DECEMBER 20TH

MALE, 36, LOVES NATURE, gardening, beach, spicy food etc. I live on self-suff farm in tranquil bush surroundings with ocean views. Seeks honest, sincere female, kids OK, for friendship, possible r/ship. Ph: 07-4156-6514.

VICTORIA

MATURE & DOWN TO EARTH 31 yr old, n/s, s/d, with GSOH, loves nature, travel, movies & more! Seeking r/ship with a happy & outgoing n/s lady interested in a city fringe lifestyle & kids. Rich, PO Box 249, NUNAWADING 3131.

ME – FEMALE, ATTRACTIVE, SLIM, independent, 54 yrs old, outdoor life, art, music, horse riding etc, well educated, GSOH, nonsmoker. You – male 54 – 60 yrs old, intelligent, witty, creative yet practical. Photo appreciated. Contact: TC (GR147), C/- PO Box 117, SEYMOUR 3661. HAPPY YOUNG WOMAN, 40s, resides Melbourne's east, into music, art, alternative thinker, kids, animals, gardening, nature, issues, seeking special male friend. Please write: Marli (GR147), C/- PO Box 117, SEYMOUR, 3661.

UNATTACHED SINGLE MALE, 55 years old. never been marned, 170 cm tall, I am a nonsmoker & only light social drinker, I am a fairhaired person, blue-eyed, broad-shouldered & have a fairly solid build. My nationality is Australian. I have a secure job as a canteen manager & I am financially secure. I consider myself to be a quiet, tidy, easy-going person, gentle, caring, friendly, down-to-earth. I am not into drugs. I am mechanically minded & a good handyman. I have a wide range of interests. Seek a lady, age open, who dresses casually like myself, who has a view to friendship & companionship with view to perm r/ship if compatible. Photo appreciated but not necessary. I live in the outer eastern suburbs of Melbourne by myself. I also own my own house & car. All photos returned safely. I am willing to travel anywhere in Victoria to meet a suitable lady. I am a simple person, I do not worry about pubs or pokies. All replies to be sent to: Ian (GR147), C/- PO Box 117, SEYMOUR 3661.

LADY LIKE GENT for companish outings, 60 +, prefer nonsmoker. Reply: Box 4004 BENDIGO Marketplace Post Office.

CHRISTIAN LADY, aged 45, would like to meet a Christian man for friendship. If compatible the possibility of a perm r/ship. Interests incl drawing, computers, organic agriculture, herbs, permaculture, swimming, walking & cooking. Please write to: PO Box 1213, BAIRNSDALE 3875

ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will readdress & forward it. Don't forget to put the issue no. on reply, i.e: Skye (GR 138). #

SOUTH AUSTRALIA

GENUINE, CAPABLE AUSTRALIAN MALE, slim build, 5'9", building new home & new start. Own property SA Riverland. Enjoy self-suff lifestyle, horses, nature, some dining, dancing, & caring for my partner. She's slim, up to 40 & would appreciate a happy, secure r/ship & freedom our lifestyle would provide. Seeking correspondence/photo for friendship/relationship. Reply: Russ, PO Box 921, WAIKERIE, SA 5330

AUSTRALIA-WIDE

MALE, SIXTY-TWO, seeks correspondence with childless, spiritual, open-minded, natural females, 20s – 30s +-, who love nature/large farm animals/farm life and prefer an older man/partner. PO Box 283, ERMINGTON 2115.

LATE GRASSIFIEDS

BILL MOLLISON PRESENTS Permaculture Design Course, 11 - 25 January, 2002. In 1978 there was nothing quite like Permaculture; 22 years later Permaculture laps the globe, with over 4000 projects across 120 countries. Bill Mollison, founding director of the Permaculture Institute, will present this valuable course on his home turf, Tasmania. We eagerly invite those who wish to expand their horizons & experience Bill in action to bring your questions & your intellect down to Tasmania & take this course. 'I will try to paint landscapes in their minds - throw pictures on the clouds of tomorrow's sky'. Bill continues to research sustainable system design. He is preparing 2 books devoted to this passion & is in fine form for a course on his home turf. Student numbers are strictly limited. For info & a course brochure contact: Permaculture Institute, 31 Rulla Rd, SISTERS CREEK, Tas 7325, Australia. Ph: 03-6445-0945. Fax: 03-6445-0944.

Email: tagariadmin@southcom.com.au

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